

**'Blistering' hike**

Post Soldiers complete  
26.2-mile trek  
memorializing Bataan  
Death March

Page 6

# Fort Riley Post

**Talent 'idolized'**

Custer Hill Elementary  
stages own version  
of popular TV  
talent show

Page 15

**Around  
the Army****Hawaii:**

The Hawaii Army Weekly reported March 31 that for the next few months, the outlook indicates a shortage of military housing in the North Region, which includes Schofield Barracks, Wheeler Army Airfield and Healemano Military Reservation.

To alleviate this issue, servicemembers with duty stations at Schofield Barracks may be offered housing in the South Region, which includes Aliamanu Military Reservation, Tripler and Fort Shafter. All south communities are within a 30-minute drive to Schofield Barracks.

For more information on this story and other U.S. military news in Hawaii, visit [www.25id.army.mil/haw.asp](http://www.25id.army.mil/haw.asp) on the Web.

**Japan:**

The Torii reported March 30 that Secretary of the Army Francis J. Harvey visited U.S. Army Japan March 23 on his way back to the United States after a visit to troops in Afghanistan.

During his one-day visit, Harvey received a briefing about the USARJ mission from Maj. Gen. Elbert N. Perkins, USARJ commander. He also had a question-and-answer session during lunch with a group of senior non-commissioned officers, visited the 35th Service and Supply Battalion at Sagami General Depot and toured a barracks unit at Camp Zama.

For more on this story and more news about the Army in Japan, visit [www.torii.army.mil/](http://www.torii.army.mil/) on the Web.

**Fort Stewart:**

The Frontline reported April 5 that Soldiers of Battery B, 1st Battalion, 39th Field Artillery, were afforded one last chance to send rockets downrange during the battalion's final live-fire exercise March 23.

The live-fire was part of a Multiple-Launch Rocket System crew certification exercise. It marked the last time an organic MLRS unit would launch rockets on Fort Stewart.

For more on this story and other Fort Stewart, Ga., news, visit [www.29id.army.mil/site/news.cfm?brd=1390](http://www.29id.army.mil/site/news.cfm?brd=1390) on the Web.

**Fort Knox:**

The Turret reported March 23 that a group of 48 Ohio visitors toured Fort Knox on March 17 to get a first-hand look at how today's Army lives and works.

The group, from the Lancaster Company area of the Columbus (Ohio) Recruiting Battalion, included parents, teachers, future Soldiers, prospects and recruiters.

The tour group watched a video that explained the Army's new Basic Combat Training Methodology and visited with two Soldiers who had graduated from training just hours earlier.

The new Soldiers told their audience about their just-completed training and their decisions to enlist in the Army.

For more on this story and other Fort Knox, Ky., news, visit [www.kthenewsenterprise.com/turret/](http://www.kthenewsenterprise.com/turret/) on the Web.

## Logon changes begin on post

**Staff report**

Computer system access at Fort Riley will change beginning April 10 as the post moves to restrict access to users with Controlled Access Cards coded with a cryptographic logon.

The Army's ongoing strategy of information assurance and systems protection includes implementation of a CAC cryptographic

logon that offers greater security than simply inserting a CAC and typing a username and password.

The cryptographic logon provides two-factor authentication: something you know – your personal identification number, and something you have – your CAC (DoD employment ID card). Because the CAC and PIN are unique to their owner, the risk of

unauthorized access to a workstation or an Army network is greatly reduced.

Fort Riley will begin implementing Phase One Alpha CAC Cryptographic Logon throughout the month of April and the beginning of May.

The first round includes all information management officers and will be conducted April 3-5. All other phases will be based on

the user's last name.

- Last names A-E, April 10-12
- Last names F-L, April 17-19
- Last names M-R, April 24-26
- Last names S-Z, May 1-3

The DEERS (Defense Enrollment Eligibility Reporting System) site at Fort Riley is located in Building 212 for those who need to have certificates or CACs reissued.

If users need to simply reset

their CAC PIN, this can be done at the DODIM Help Desk in Building 200, Room 22 or at the DEERS office.

The e-mail address to the Fort Riley Mission DTS Help Desk is open from 7:30 a.m. to noon and from 1 to 4 p.m. Monday through Thursday.

For more information, talk to the organization information management officer.

## 'Splat' wars



A 101st FSB Soldier playing an opposing force insurgent waits for Soldiers to approach her March 29 so she can fire paintballs at them. The company spent the day at a Fort Riley MOUT (Military Operations in Urban Terrain) site practicing building-clearing techniques while using paintball equipment to simulate enemy and friendly fire.

### Exercise paints training with fun

By Amanda Kim Stairrett

Staff writer

A paintball hitting body armor produces a "WHAP!" sound and leaves a paint splatter, but that doesn't hurt. A paintball hitting

skin, however, hurts; and it will leave a mark. When the paint is wiped away, the impact usually leaves a red ring, brings blood to the skin's surface or leaves a welt.

Soldiers in the 101st Forward Support Battalion used paintballs to practice clearing opposition forces from buildings March 29 at a Fort Riley MOUT (Military Operations in Urban Terrain) site. Soldiers checked each building on the site and

searched for the enemy, being played by their peers.

Sgt. Angela Garcia liked using paintballs instead of the Army's laser alarm equipment usually worn for this type of training because she could hear the rounds and see them hit their targets.

"With this, you know you got hit," she

See 'Splat' wars, Page 10

## 3rd BCT Soldiers receive medals

### Lifesaving actions earn recognition

By Anna Morelock

Staff writer

Soldiers of the 3rd Brigade Combat Team that returned from Iraq in early 2006, received medals March 31 at an awards ceremony on Cavalry Parade Field at Fort Riley.

Six Soldier's Medals, three Bronze Star Medals with "V" devices for valor, three Army Commendation Medals with "V" devices for valor, a Purple Heart, two Combat Action Badges, two Combat Medical Badges and a Combat Infantryman's Badge were awarded to Soldiers by Maj. Gen. Dennis E. Hardy, commanding general, 24th Infantry Division (Mech) and Fort Riley.

Before the awards were presented, Col. David Bishop, 3rd BCT commander, commended the Soldiers in his brigade for their actions in Iraq. He noted their successes in protecting water systems, training members of the

See 3rd Brigade, Page 3

## Battalion honors service

By Mike Heronemus

Editor

Six Soldiers wounded in Iraq while serving with Task Force 2nd Battalion, 34th Armor, received Purple Hearts at a ceremony on Custer Hill April 3.

Several other Soldiers received Bronze Star Medals and Meritorious Service Medals for meritorious service rendered during their tour in support of Operation Iraqi Freedom. Task Force 2nd Bn., 34th Armor, recently returned from a year in Iraq, where they served with the 3rd Brigade, 3rd Infantry Division.

"These Soldiers," said Lt. Col. Oscar Hall IV, the battalion commander, represent all that's good in our Army. Through their actions, they epitomize the battalion motto, "Rear God, Dread Naught?"

Three of the "Dreadnaught" battalion's Soldiers received

See Hearts, Page 2

## Sergeants practice battle strategies

### Battle staff course teaches NCOs to run war operations

By Amanda Kim Stairrett

Staff writer

Two rooms in Fort Riley's Digital Training Center were turned into the center of operations for a battle March 27-29.

Noncommissioned officers were training to become battle staff certified by learning how to perform operationally on the battlefield.

The three days of computer-simulated battle were the final part of training for the four-week course. Sixteen Fort Riley NCOs learned by video teletraining for

the first three weeks, then an instructor from Fort Bliss, Texas, Master Sgt. Mikel Pardue, came to oversee the battle.

Fort Riley saves \$3,000 per Soldier by conducting the classes via teletraining, said Jack Lucas of Fort Riley Education Services.

The simulated battle was carried out in conjunction with battle staff classes at Fort Drum, N.Y., and Fort Bragg, N.C. Fort Riley served as the battle's brigade, and NCOs played the roles of brigade commander, executive officer and other key positions.

See Battle staff, Page 2



Sgt. 1st Class Kevin Jones of 1st Bn., 28th Inf., tracks troop movement on an overlay map during the final days of battle staff training school March 28.



## Post, Army news briefly

### Correction:

In the March 31 issue of the Post, a story about the reasons for U.S. military presence in Africa stated a Fort Riley 3rd Brigade unit had just deployed to the Horn of Africa. It was Company A, 1st Battalion, 16th Infantry, 1st Brigade, 1st Infantry Division, that deployed to Africa. The Post regrets the mistake.

### Post to observe 'Remembrance'

This year, the Days of Remembrance fall between April 23 and April 30, with the Fort Riley's observance scheduled from 11:45 a.m. to 12:45 p.m. April 26 at Riley's Conference Center.

The theme for this year's commemoration is "Legacies of Justice" in honor of the courage of and the precedents set by those who testified during the trials of Nazi war criminals.

Guest speaker will be Dr. William Samelson, who was liberated by the U.S. Army after years of internment in labor and concentration camps throughout Poland and Germany.

The program is free and open to all Soldiers, their families, civilian employees and members of the surrounding communities.

Samelson wrote "Warning and Hope, Nazi Murder of European Jewry A Survivor's Account." A book signing will follow immediately after the program.

For more information, contact a brigade equal opportunity advisor or the Division EO Office at 239-8433.

## Battle staff

continued from page 1

Fort Drum and Fort Bragg served as battalions in the battle. A central computer at Fort Bliss laid out the battle scenario and controlled the enemy forces while the students controlled the friendly forces.

The course is for NCOs ranked staff sergeant and higher. The training involves missions for light and heavy maneuver forces and all battlefield operating systems, according to the course information.

Students learned how to track battlefield movement for everything from personnel to equipment, write operational orders, plot graphics on an overlay, prepare intelligence information and call for battlefield resupply.

Troop deaths and equipment

### Want to attend?

The Digital Learning Center offers battle staff classes three times a year. The remaining sessions are June 4 to July 7 and July 17 to Aug. 18.

An NCO is selected to attend the classes by his or her unit, but can get more information on the course by calling 239-9038.

losses also were situations the NCOs had to deal with – basically, everything they would run into on the battlefield.

These skills are S3- and G3-level functions, and the kind of knowledge the NCOs will take to battle, said Staff Sgt. Chris Stewart, assistant instructor and division schools non-commissioned officer in charge. The operations

being carried out during the three-day battle are the same that would be performed in a tactical operations center during a real battle.

"If you were in Iraq, you'd be doing the same thing," Stewart said.

Amanda Kim Stairrett can be contacted at amanda.kim.stairrett@riley.army.mil or 239-3977.

## Post newspaper, staffers win awards

### Staff report

Members of the Fort Riley Post newspaper staff recently received awards for their work on the newspaper and for journalism work in other areas.

The Kansas Press Association, representing member newspapers throughout the state, conducted its annual Awards of Excellence competition for 2005 in March.

The Post won first place in its category -- non-daily newspapers with a circulation of more than 3,000 -- for best use

of photographs. It also placed second for its online version of the paper and third for its editorial pages.

Former writer April Blackmon won second place for her photos and story package about two Fort Riley Soldiers competing for Best Ranger honors at Fort Benning, Ga.

New staffer Amanda Kim Stairrett won first place in the 2006 Kansas Professional Communicators contest for her feature story about a group of Fort Riley Soldiers who held poetry nights at a coffee house.



Post/Heronemus

Purple Heart recipients of Task Force 2-34 and their spouses stand and sing the 1st Infantry Division song following an awards ceremony April 3 on Custer Hill. From left are Spc. Steven Torres, Staff Sgt. Richard Gentry, Spc. Robert Davis, Sgt. Lou Rodriguez and 1st Lt. Raul Rocha.

## Hearts

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wounds in the same incident. First Lt. Raul Rocha of Headquarters and Headquarters Company and 1st Lt. John T. Morgan III and Spc. Robert Davis, both of Company B, suffered injuries Oct. 14 when an improvised explosive device detonated near them while they were on a combat patrol in

Kahn Bani Saad city.

Sgt. Lou Rodriguez of Company A suffered injuries Nov. 11 when a vehicle borne IED exploded near Rodriguez while he was patrolling in a city south of Baqubah.

Shrapnel from a mortar round fired at the battalion's forward

operations base wounded Staff Sgt. Richard Gentry of Company C Aug. 15.

Spc. Steven Torres of Co. B was afoot on a combat patrol July 5 when wounded by an IED. Another Soldier was killed and one other Soldier wounded in that explosion.



Post/Heronemus

Maj. Gen. Dennis Hardy, commanding general, 24th Inf. Div. (Mech) and Fort Riley, awards a Purple Heart to 1st Lt. John Morgan III. Lt. Col. Oscar Hall IV (left), commander of 2nd Bn., 34th Armor, participates in the ceremony.

Maj. Gen. Dennis Hardy, commanding general of the 24th Infantry Division (Mech) and Fort Riley, pinned the medals on the chests of all the "Dreadnaught" Soldiers being recognized April 3.

"I am tremendously proud of who you are and what you've done," Hardy told all the "Dread-

naught" Soldiers present for the ceremony, including those standing in formation. "Many others have already been recognized and others stand to be recognized later," he said.

"We, America, and America's Army owe you a great debt of gratitude," Hardy said.

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## Post, Army news briefly

### Army offers \$1,000 reward

The U.S. Army Criminal Investigation Division is offering a \$1,000 reward for information leading to the identification, apprehension and conviction of the person or persons responsible for the theft of a black 2005 Roadhog trailer, serial number 1F9FS10105K191016; a blue 2004 Yamaha YFZ450SL All Terrain Vehicle (ATV), Vehicle Identification Number JY4J11Y34C008981; and a blue 2005 Yamaha YFM350RIL ATV, VIN J4AH12Y85C015534.

The trailer and ATVs were stolen between 1 p.m. March 17, 2006, and noon March 20, 2006, from the parking lot adjacent to Building 7081 on Fort Riley.

Anyone with information concerning this incident should call Special Agent Shane Nisbet, Fort Riley CID office, (785) 239-3308, or the military police at (785) 239-6767.

### Post to flush water system

Public Works will continue efforts to keep Fort Riley's water clear by flushing the water distribution system starting April 10. The schedule for flushing is:

**April 10** – Main Post and Whitestone areas

**April 11** – Custer Hill housing areas

**April 12** – Custer Hill troop area and motor pool areas

**April 13** – Camp Forsyth, Camp Funston and Marshall Army Airfield areas

Flushing of the water mains will begin at 8 a.m. each day and continue until complete. Occupants of the affected area must refrain from using hot water during the flushing period. To facilitate flushing, residents are asked to not park directly across from fire hydrants.

After the flushing, area occupants should clear water lines in their quarters by opening all cold water faucets and letting them run until the water runs clear. Hot water faucets should be opened next.

If the water does not clear up after 30 minutes, call the Service Order Desk at 239-0900.

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Post/Morelock  
State Rep. Barbara Craft (left) shakes hands with an award recipient while members of the Patriot Guard Riders, a group that shields family members from protesters during military funerals, hug other 3rd BCT Soldiers in a receiving line after the awards ceremony March 31. During the ceremony, the riders were honored for their service to members of the military.

## 3rd Brigade

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Iraqi army, securing forward operating bases and developing tactics to detect improvised explosive devices. Efforts from members of the brigade led to 60 percent of IEDs being found before they detonated, Bishop said.

Throughout their year in Iraq, members of 3rd BCT conducted more than 22,000 patrols, 200 raids, 1,300 cordon and search missions, 6,500 traffic control points, 1,500 convoy security escorts and 4,100 main supply route security missions.

The Soldiers of 3rd BCT met the full spectrum of threats while deployed, including IEDs, direct and indirect fire, suicide bombers, snipers and foreign fighters. During their time in Iraq, the "Bul-

dog Brigade" was successful due to the hard work, dedication and selfless service of more than 3,500 Soldiers, noted the ceremony narrator. During the year-long deployment, 24 of those Soldiers died.

Bishop thanked families and community members for their support of the brigade and recognized four wounded 3rd BCT Soldiers attending the ceremony. The Soldiers, still recovering from their injuries, came from Brooke Army Medical Center at Fort Sam Houston, Texas, to attend the ceremony.

After the awards were presented, Congressman Jerry Moran (R-Kan.) relayed the nation's general appreciation to the troops and

spoke of his most recent trip to Iraq.

"The nightly news doesn't tell the story," Moran said. He said Iraqi people expressed their appreciation and Soldiers also relayed a message through the congressman. "Never give up on us," Moran said the Soldiers told him during his visit. "Let us complete our mission."

After a financial charge by the Commanding General's Mounted Color Guard, other medals were awarded to 3rd BCT Soldiers during separate battalion-level ceremonies on the parade field.

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Post/Morelock  
Congressman Jerry Moran talks with Sgt. Todd Woodall, Co. B, 2nd Bn., 70th Armor, after the 3rd BCT award ceremony March 31. Woodall received an Army Commendation Medal with "Valor" device for his actions as a tank gunner during OIF.



Post/Morelock  
Maj. Gen. Dennis Hardy, commanding general, 24th Inf. Div. (Mech) and Fort Riley presents a Soldier's Medal to Sgt. Brian Wright, Co. C, 70th Eng. Bn.

## Medals, awards presented

**Soldier's Medals went to:**  
Sgt. Daniel Ortiz, Company B, 2nd Battalion, 70th Armor. As a tank gunner during Operation Iraqi Freedom, Ortiz, without regard for his own life, rescued two of his comrades who were trapped in an overturned vehicle in a flooded canal.  
1st Lt. Matthew J. Brennan, 2nd Bn., 70th Armor. Brennan's courage and personal bravery during military operations in support of OIF resulted in saving the lives of two fellow Soldiers.  
Spc. Ramiro Herrera, Co. B, 2nd Bn., 70th Armor. As a medic during OIF, Herrera revived two of his comrades who were trapped in an overturned vehicle in a flooded canal and unconscious due to lack of oxygen and water in their lungs.  
Staff Sgt. John C. Poltom, Co. B, 2nd Bn., 70th Armor. As a tank gunner during OIF, Poltom, without regard for his own life, rescued two of his comrades who were trapped in an overturned vehicle in a flooded canal.  
**Combat Infantry Badges went to:**  
Sgt. William L. Mabe, Company C, 70th Engineer Battalion. As a team leader in Platoons A and O during OIF, Mabe's quick reaction and lack of concern for his own safety led to saving the life of another Soldier outside Taji, Iraq.

**Bronze Star Medals with "V" devices for valor went to:**  
Sgt. Curtis G. Fritch, Company A, 2nd Bn., 70th Armor. During combat operations in Iraq, Fritch contributed to the overwhelming success of his route clearance mission by repelling a large organized ambush consisting of more than a dozen insurgents. Fritch also rendered aid to a wounded officer.  
Staff Sgt. John W. Alton, Company B, 70th Eng. Bn. Alton's quick actions resulted in the killing of two insurgents and wounding a third, thus preventing the insurgents' escape, all while under enemy direct and indirect fire himself.  
Master Sgt. Calvin J. McCloy, Company A, 1st Battalion, 41st Infantry. After an IED attack disabled his Bradley Fighting Vehicle, McCloy acted quickly and, without regard for his own safety, returned several times to extract all crew members from the burning vehicle. He also set up a hasty perimeter to secure and evaluate the casualties. McCloy's actions resulted in severe burns to himself but saved the lives of several Soldiers.

**Army Commendation Medals with "V" devices for valor went to:**  
Spc. Joshua R. Hersi, H Troop, 1st Cavalry Regiment. Hersi distinguished himself while serving as an automatic rifleman in support of OIF by protecting the detachment commander's security detachment from a suicide bomber and vehicle laden with 10 155mm artillery rounds. His timely reaction and disregard for his own safety saved the lives of several Soldiers while resulting in wounds to himself.  
Sgt. Todd A. Woodall, Co. B, 2nd Bn., 70th Armor. While serving as a tank gunner during OIF, Woodall returned on foot to the kill zone of an IED and rendered life-saving first aid to save the lives of at least five Soldiers.  
1st Lt. Albert K. Walsh, Co. A, 2nd Bn., 70th Armor. While serving as a platoon leader during OIF, Walsh's actions during a complex attack consisting of a vehicle-contained IED, rocket propelled grenades and small arms fire directly

resulted in breaking the ambush of the insurgent force and saving lives within his platoon. Even after he was wounded, Walsh continued to actively engage the enemy and provide direction during his evacuation.

**The Purple Heart went to:**  
Spc. Adam Wietrick, 4th Battalion, 1st Field Artillery.

**Combat Action Badges went to:**  
Pfc. Christopher Rose, 4th Bn., 1st FA.

Pvt. Cody McMullen, 70th Eng. Bn. Combat Medical Badges went to: Staff Sgt. Paul Walter, 125th Forward Support Battalion.

Pvt. Ryan Deringer, 1st Battalion, 13th Armor.

**A Combat Infantryman Badge went to:**  
Capt. Thomas Layborn, 2nd Battalion, 70th Armor.

During separate battalion-level ceremonies, the following awards were presented:

**Combat Infantry Badge:**  
Spc. Joshua Hersi, Co. A, 1st Bn., 41st Inf.

**Combat Action Badges:**  
2nd Lt. William Chuber, 1st Bn., 13th Armor.

Spc. David Mosely, 2nd Bn., 70th Armor.

**Combat Infantryman Badge:**  
Spc. Dustin Pletten, 125th FSB

**Combat Medical Badges:**  
Spc. Daniel Bauer, Headquarters and Headquarters Company, 3rd BCT.

Sgt. Andre Francis, 4th Bn., 1st FA.

Spc. Ryan Canille, 2nd Bn., 70th Armor.

**Purple Hearts:**  
1st Lt. Eddie Latham, 4th Bn., 1st FA.

Sgt. Jeremy Barnhart, 4th Bn., 1st FA.

Spc. Joshua Hersi, Co. A, 1st Bn., 41st Inf.

Spc. Scott Runquist, 1st Bn., 13th Armor.

During their time in Iraq, other members of 3rd BCT were awarded six Soldier's Medals, five Bronze Star Medals with "V" devices, 299 Bronze Star Medals, 187 Purple Hearts, 103 Meritorious Service Medals, 24 Army Commendation Medals with "V" device, 2,249 Army Commendation Medals, 19 Army Achievement Medals, 374 Combat Infantryman Badges, 1,153 Combat Action Badges and 49 Combat Medical Badges.

**Awards recognizing community support of brigade Soldiers and families went to:**  
Central Kansas Military Community Foundation

The Lady Troopers

Pioneer Services

Junction City Shrine Club

Jim Clark Chevrolet-Pontiac

Wounded Soldier Outreach and Support

Association of the U.S. Army

United Methodist Church

Eyes for Junction City

Wal-Mart

American Red Cross

Patriot Guard Club

**Individual awards for their support went to:**  
Patty Huddleston

Hobby Hunter

Donna Haidusek

Kathleen Custer

Kate Sampson

Jennifer Ramirez

Teresa Thompson

Michelle Stroh

Ruth Cruz

Ute Dunstone

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# Victims respond to program

By Anna Morelock

Staff writer

Representatives of the Army Sexual Assault Prevention and Response Program will be handing out magnetic teal ribbons throughout April in recognition of Sexual Assault Awareness Month.

"You never know who is going to be a victim," said Sexual Assault Response Coordinator Barbara Garber. Regardless if a person is male or female, if they are targeted by a sexual predator, that predator is going to do anything and everything that they've groomed themselves to do, Garber said. "It's rare that people (offenders) jump out of bushes. It's normally acquaintances (of victims)."

Garber said statistics show that victims of sexual assault are normally age 19 to 24 and rank from private to corporal and specialist, but that doesn't mean that it can't happen to others. "Demographically that's the age and rank structure that statistically we see at a higher risk."

Since the Fort Riley SAPR program started tracking sexual assault cases in May 2005, 12 assaults have been reported, Garber said, compared to other installations, Fort Riley is about on even keel. Fort Campbell has 15 reported assaults, she said.

"There is no 100 percent way to prevent sexual assault," Garber said. "What we do is we train on minimizing risk." One tip the SAPR trainer gives to Soldiers is to protect their battle buddy. For example, Garber said, don't leave someone who may be impaired.

"One of the most important

## To report sexual assault:

**Ft. Riley Sexual Assault Response (24-hour hotline): (785) 307-1373**

**Ft. Riley Sexual Assault Response Coordinator: (785) 307-1372**

**Ft. Riley Victim Advocate Program: (785) 239-9435**

**Chaplain: (785) 239-4357**

**Irwin Army Community Hospital Emergency Room: (785) 239-7777**

**Military Police: (785) 239-MPMP (6767)**

**National Sexual Assault Hotline: (800) 656-HOPE (4673)**

**Army Sexual Assault Prevention and Response Web site:**

**[www.sexualassault.army.mil](http://www.sexualassault.army.mil)**

things is to educate and to help people understand that, if someone is a victim of sexual assault, it's not their fault," Garber said. "It's nothing they did that made them more likely to be sexually assaulted."

## Tips to reduce risk:

Being prepared, alert and assertive are ways to reduce becoming a victim of sexual assault. On its Web site, [www.sexualassault.army.mil](http://www.sexualassault.army.mil), the SAPR program gives the following tips for reducing the risk of becoming a victim of sexual assault:

**Be prepared.** Stay in groups, never leave a drink unattended, walk only in lighted areas after dark and keep the doors to homes, barracks and cars locked. Another tip is to stay sober. Studies indicate that about half of all sexual assaults in the United States involve the use of alcohol by the offender, the victim or both.

**Be alert.** Trust your instincts. If a place or person feels unsafe, it

probably is. According to the Army's Task Force Report on Sexual Assault Policies, from 1999 to 2004, 67 percent of the sexual assaults involving Army personnel occurred on post. Soldiers should report any unauthorized or suspicious males or females in the barracks.

**Be assertive.** Being assertive means that you state what you want and remember that "no" means "no." Match body language to words, don't laugh and smile while saying "no," and don't just "go along" for the wrong reasons.

Even one sexual assault at Fort Riley is too many, Garber said. "What we are doing here on this post is ensuring that victims feel safe in coming forward and are treated the way they need to be treated to start that healing process," she said.

Part of that healing process involves giving control back to the victim. "When you're an active duty Soldier, you don't get to pick and choose a whole lot of things that you get to do," Garber

said, but because the SAPR program is now an official Army regulation (AR-600-20, Chapter 8), Soldiers have the option to report sexual assault with or without starting an investigation or notifying their chain of command.

Soldiers can report sexual assault without beginning an investigation by talking with a chaplain, the sexual response program coordinator, a unit or installation victim advocate or a health or mental health care provider. If a Soldier reports the assault to the chain of command, the chain of command is obligated to report it to law enforcement officials.

## Victim decides whether to report

Whether to report the assault or not is totally up to the victim, Garber said. "What we want to do is foster an environment here at Fort Riley that if you're a victim of sexual assault that you feel comfortable coming forward to protected entities who can restrict your information but yet you still seek services to begin the healing process."

To help spread the word about Sexual Assault Awareness Month, members of the SAPR program will present information during the Community Action Council meeting at 9:30 a.m. April 20 at Riley's Conference Center. The program also will have an informational booth set up at Riley's during the Child Abuse Awareness Month wrap-up May 1.

Anna Morelock can be contacted at [anna.morelock@riley.army.mil](mailto:anna.morelock@riley.army.mil) or 239-3032.

# Information chief gets new senior enlisted advisor

Army News Service

WASHINGTON — The Army Chief Information Office/G6 is the first Army staff section at the Pentagon to appoint a command sergeant major as its enlisted advisor.

Command Sgt. Maj. Ronald Desjardins started the new position as part of a pilot program.

With 30 years experience as a signal Soldier, Desjardins was most recently command sergeant major for Network Enterprise Technology Command/9th Army Signal Command, known as NETCOM. He now works directly for Lt. Gen. Steven W. Boutelle, Army CIO/G6.

"The CIO/G6 needs a command sergeant major," Boutelle said. "As the CIO, I am the senior signal Soldier with globally deployed, direct-reporting signal units, to include NETCOM."

Desjardins will visit direct reporting units and signal elements to ensure they have what they need.

He also will oversee equipment fielding, training pro-

grams, future Military Occupational Specialty structure and recruiting quotas for active, guard and reserve signal Soldiers.

"The CIO/G6 now has eyes and ears on the Soldier side of the house on the battlefield," Desjardins said. "Lt. Gen. Boutelle can make decisions and adjust resources based on what I see out there."

Desjardins also will work with the signal regimental sergeant major and the Army Signal School to ensure the Signal Corps has sufficient active and reserve signal force structure at all levels of command.

"So much change is happening in the Signal Corps," Desjardins said. "As the Army evolves to a knowledge and information culture, the corps is transforming to enable networked warfighting and business operations."

Boutelle added that, in this time of rapid change, the Army must insure Soldiers, skill sets, training and equipment are aligned with the Army mission and adequately resourced.



**Ronald Desjardins**



# Commentary

Friday, April 7, 2006

Fort Riley Post

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## Riley Roundtable

### This week's question:

More states are enacting laws to prohibit demonstrators at funerals, particularly military funerals. What's your opinion about this?



"It's good for states to do it. Families have it hard enough without people coming in to disturb them. They should ban such demonstrations. How would you feel if someone came up and insulted your son that's dead?"

**Pvt. Miguel Figueroa**  
Tanker  
Co. B, 1st Bn., 13th Armor  
Home: Framingham, Mass.



"I feel great about it. It's a great tribute to men and women of the armed forces who paid the ultimate sacrifice. The farther away, the better."

**Capt. Jason Foote**  
Fire support officer  
4th Bn., 1st Field Artillery  
Home: West Palm Beach, Fla.



"Protesters shouldn't be there at all. A person needs those last moments on earth in peace. You need love in the air, not anger or someone knocking why they died."

**Sgt. Damon Robinson**  
Supply sergeant  
Btry. A, 4th Bn., 1st Field Artillery  
Home: Harrisburg, Pa.



"Laws should be enacted. They have no right to be protesting that. They ought to be grateful for the sacrifice."

**Kevin Simko**  
SARET employee  
Annisson Army Depot  
Home: Anniston, Pa.



"It's the right thing to do. Soldiers and their families need to be protected, especially when they're mourning. They have the right to protest, but funerals aren't the appropriate time and place."

**Laura Witt**  
Military spouse  
Home: Hartsville, Ind.

### Next week's question:

What's your favorite warm-weather pastime, and where do you recommend people go to enjoy what you do?

Opinions may be e-mailed to the editor at [mike.heronemus@riley.army.mil](mailto:mike.heronemus@riley.army.mil) or faxed to the editor at 239-2592. Opinions must reach the editor by close of business Tuesdays to appear in the following Friday's paper.

By **LaRetta Roberts**  
Animal Control Officer

With weather warming up soon, pet owners may think more about letting their dogs stay outside for longer periods of time, perhaps all day. Here are some things to consider when keeping a pet outside:

- For small dogs, use the green stake with the dome top. Drive the stake into the ground until the dome top is tight against the ground with no space between it and the ground.

- For medium to large dogs, use the orange stake with the chain that comes off the end. Drive the stake into the ground until it is flush with the ground or slightly below ground level, leaving only the chain sticking



**LaRetta Roberts**

around it. The hook catches the lead and the pet can actually unscrew the stake from the ground or bend it and pull it from the ground.

- Use a medium to light weight chain that has links that are welded shut and smooth. I don't recommend the chain that

out. I don't recommend the cork screw type of stake for use in securing pets outside.

The hook sticks out of the ground and allows the pet's chain to get tangled around it. The hook catches the lead and the pet can actually unscrew the stake from the ground or bend it and pull it from the ground.

Use a medium to light weight chain that has links that are welded shut and smooth. I don't recommend the chain that

has links that have twisted ends on the individual links. Chains with twisted ends can injure pets if the chain gets twisted around a leg or it can pull on the fur of a medium- to long-haired pet.

- Frequently check the clips that secure the chain to the stake and to the dog's collar to make sure they are in good condition.
- Chain tethers can easily be cut to a usable length that will work well in most areas where you want to tie your pet. Some areas, however, may restrict the length of a tether, such as playgrounds, sidewalks or a neighbor's yard.

- Cable tethers also can be a good choice for securing a pet outside. However, the cable tether needs to be checked more frequently than a chain tether. If the cable is allowed to get knots in it,

the knots will cause weak areas in the cable and it will eventually break.

- Make sure to choose a cable diameter that best suits the type of dog being tied up. A small dog being tied up for a small dog or can. A medium-sized or large dog will need a larger diameter cable.

- Never use rope or nylon leashes to tether a pet outside. A dog can chew through either of those. Some dogs may even chew through a cable tether.

- Remember, pets cannot be tethered to trees, porch pillars, hand rails, privacy fences, clothes lines, door handles, air conditioners, plumbing lines, electrical conduit lines or power poles.

### Talking about pets

## Tether pets safely, according to 'rules'

### Legally speaking

## Claim could reduce loss by theft, damage

By **Lytle R. Ulrey**  
Claims examiner

Pvt. Smith broke into Pvt. Brown's barracks room and stole Brown's newly purchased iPod. By the time the iPod was recovered it was broken. What recourse does Private Brown have to recover for the loss of his iPod?

If a Soldier has wrongfully taken or willfully damaged your property, you may file a claim against the Soldier under Article 139 of the Uniform Code of Military Justice. Any individual (civilian or Soldier), business entity, government, or non-profit organization may file such a claim. Certain requirements must be met, however, before your claim may be paid.

Article 139 allows commanders to investigate such claims and, if substantiated, to direct finance to pay the victim directly from the wrongdoer's military pay. Article 139 is entirely separate and distinct from disciplinary action taken under other sections of the UCMJ.

In order for a claim to be valid under Article 139, the property must have been "willfully damaged" or "wrongfully taken."

"Willfully damaged" means damage inflicted intentionally,

knowingly and purposefully without justifiable excuse. It does not include damage caused inadvertently or through negligence on the Soldier's part.

"Wrongfully taken" means any unauthorized taking or withholding of property with the intent to temporarily or permanently deprive the owner or person lawfully in possession of the property.

An Article 139 claim may not be filed, however, for a breach of contract. If a Soldier does not pay his bills, the civilian business cannot file an Article 139 claim. If a Soldier agreed to buy an item from another Soldier and then defaults on his obligation to pay, an Article 139 claim may not be filed.

You may pick up an Article 139 claim form at the Fort Riley Claims Office. An Article 139 claim must be filed with the Claims Office within 90 days of the incident giving rise to the claim unless good cause for the delay is found.

Once a claim is filed, an investigating officer will be appointed. The IO will interview the claimant, the suspected Soldier and any witnesses. All evidence in support of the claim will also be considered.

The IO will then make find-

ings of fact and a recommendation to the appropriate commander. The commander may then disapprove the claim or approve it in an amount equal to or less than the amount recommended by the IO.

The claimant and the Soldier against whom the claim was made will be notified of the commander's decision and his or her right to request reconsideration prior to final action being taken.

Under the scenario presented, Pvt. Brown can file an Article 139 claim against Pvt. Smith. If the claim is approved by the commander, Pvt. Brown will be compensated for his loss out of Smith's military pay.

If you have been the victim of an offense for which an Article 139 claim may be filed, you should contact the Fort Riley Claims Office at (785) 239-2633 or 239-3830.

Grunt By Wayne Uhden



## Internet Increases ID Theft Risk

Servicemembers shopping online, managing finances online or reading an e-mail that claims to need information should not give personal information to any Web site or e-mail request that seems suspicious.

Any unsolicited e-mail asking for personal or financial information should be considered suspicious. These e-mails look real and claim that you need to log in to a Web site to verify personal data in order to protect your account.

Servicemembers should always contact their bank or credit card company before doing so, in order to determine whether the e-mail is genuine.

Servicemembers who think they may be identity theft victims should contact authorities. They also should contact banks and credit card companies involved, alerting them that someone may be using their personal information.

To find out more about identity theft, visit the Federal Trade Commission's "ID Theft Home" at <http://www.consumer.gov/idtheft/>.

## Post Reader Feedback Form

### How does the Post rate?

	Poor	Fair	Good
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Easy to read, understand .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Your opinion is important to the Post editor and staff. Please take a moment to tell us how well we are doing our job of keeping you informed about what is happening at Fort Riley. Fax the form to (785) 239-2592 or clip and mail this form to Editor, Public Affairs Office, Building 405, Fort Riley, KS 66442, or drop the form at building 405. You may also send your opinions to the staff by e-mail at [mike.heronemus@riley.army.mil](mailto:mike.heronemus@riley.army.mil).

### What are your concerns or suggestions for improvement?

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Your name (optional) and phone number (if you would like to talk about your ideas):

## FORT RILEY POST

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Photo by Meredith Ervin  
BSTB, 4th IBCT, Soldiers (front, from left) 2nd Lt. Jason Ryncarz, Pvt. Jena Harris, Pfc. Nathan Dahl, (back, from left) Pvt. Robert Sweeney, Sgt. 1st Class Gary Sarapa and Pfc. Edward Melton walk March 26 during the 17th Annual Bataan Memorial Death March at White Sands Missile Range, N.M. All of the 4th IBCT Soldiers completed the 26.2-mile course.

# Walkers finish ‘Bataan’ trek

## 4th Brigade Soldiers ‘scope out’ route for next competition

By Amanda Kim Stairrett  
Staff writer

Second Lt. Jason Ryncarz and five other Soldiers from the Brigade Special Troops Battalion, 4th Infantry Brigade Combat Team, traveled from Fort Riley to White Sands Missile Range, N.M., March 26 for the 17th Annual Bataan Memorial Death March.

The memorial event honored Soldiers who marched in the Bataan Death March in the Philippines after surrendering to Japanese forces April 9, 1942.

Sgt. 1st Class Gary Sarapa, Pfc. Edward Melton, Pfc. Nathan Dahl, Pvt. Robert Sweeney, Pvt. Jena Harris and Ryncarz represented the battalion and brigade, and all completed the 26.2-mile road march.

Ryncarz completed the course in about 8 ½ hours and said the

4th IBCT group did not attend the event to compete. It just wanted to participate and learn the course so they can compete next year. The winner in Ryncarz’s age group completed the march in five hours and 15 minutes.

Ryncarz said the march was a “gut check” because of its challenging terrain. “This is not something you can only train for for a month,” he said. At mile 20, the course contained a 3-mile span of sand into which a participant would sink 6 inches when taking a step.

Ryncarz said he would start training “a lot earlier” and practice on different surfaces when preparing for next year’s march. He felt his training regimen for his first march was sufficient; he just didn’t do it long enough.

Though the event was rigorous and caused blisters, it left him with callused feet now. Ryncarz

finished with such a feeling of accomplishment, he would definitely participate next year, he said. With support, he would like to put together a team to compete.

The event also reminded the participants of those who didn’t have a choice to march during World War II. Veterans attended the memorial march and shook the hands of those marching in their footsteps.

“It was a great cause to honor people who went through Bataan,” Ryncarz said.

The White Sands Morale, Welfare and Recreation staff and the march’s volunteers gave great service and care to this event, Ryncarz said. Those people had to organize 500 to 600 participants from around the world. Ryncarz saw Soldiers from Germany, Korea and the United Kingdom.

The BSTB participants received a certificate and battalion

coin from Lt. Col. Joseph Birchmeier, BSTB commander.

“Soldiers join the Army to challenge themselves physically and mentally in events just like this. This event commemorates a significant event in the history of the Army and I think it is an incredible opportunity for our Soldiers to participate in this event to remember the sacrifices of these Soldiers,” Birchmeier said.

Amanda Kim Stairrett can be contacted at [amanda.kim.stairrett@riley.army.mil](mailto:amanda.kim.stairrett@riley.army.mil) or 239-3977.

# Army to create warrior category for ready reserve

Army News Service

WASHINGTON — The Army is creating a special “Individual Warrior Category” within the Individual Ready Reserve for Soldiers who are qualified and ready to deploy.

Soldiers in the IW Category will be required to maintain a higher state of readiness than other IRR troops by participating in virtual musters, attending annual readiness processing and participate in managed training opportunities to maintain proficiency in their Military Occupational Specialty.

The IW Category will focus on elevating individual expectation management, proactive career management and unique training opportunities and promote continuum of service toward a military retirement, officials said.

Secretary of the Army Francis J. Harvey endorsed the move to reset and reinvigorate the IRR.

“Senior Army leadership is committed to providing the necessary funding required to shape the IW initiative,” Harvey said.

He added those in the category will be “a viable pool” of individual warriors “trained and employable to meet the needs of the Army.”

The IRR will be transformed into the Army’s leading “prior service talent bank” through several programmed initiatives as it builds the future force, Army G1 officials said.

More than 100,000 Soldiers (enlisted and officers) belong to the IRR. They represent more than 200 Military Occupational Skills ranging from combat arms to combat support and combat service support specialties.

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# 14 Soldiers, 2 employees end long federal careers

## Staff report

Fourteen Soldiers and two Department of the Army civilians were honored at a retirement ceremony March 29 at Riley's Conference Center.

Each retiree received an American flag from Maj. Gen. Dennis Hardy, commanding general, 24th Infantry Division (Mech) and Fort Riley, as a token of appreciation. Spouses received certificates of appreciation and a single red rose.

Honored were:

**Command Sgt. Maj. Willie A. Weeks**, 125th Forward Support Battalion, retires after 30 years of military service. He and other military retirees received the Meritorious Service Medal for their outstanding service to the nation.

Weeks and his wife, Roudell, will move to Columbia, S.C., where he plans to become a stay-at-home dad. The couple has three children: Latasha, Breten and Jeremy.

**Master Sgt. Thomas E. Cuddy**, 24th Inf. Div. Public Affairs Office, retired after 26 years of military service.

Cuddy will live in Junction City, Kan., where he will become a full-time college student. He has three children: Matthew, Eric and

Autumn.

**First Sgt. David Wayne Reynolds**, Company B, 125th FSB, retires after 21 years of military service.

Reynolds will retire with his wife, Ruthann, to Chinook, Mont., where he plans to work for the railroad. The couple has one child, John.

**Master Sgt. Timothy J. Jenkins**, 125th FSB, retires after 25 years of military service.

Jenkins and his wife, Angela, will retire to O'Fallon, Ill., where he will be a stay-at-home dad. The couple has two children: Terence and Jacora.

**Master Sgt. Jerry J. Byrne**, 3rd Brigade Combat Team, retires after 20 years of military service.

Byrne and his wife, Dee Ann, will live in Junction City, where he plans to become a stay-at-home dad. The couple has two children: Nichole and Pamela.

**Sgt. 1st Class Matthew R. Bailey**, Company B, 101st FSB, retires after 21 years of military service.

Bailey will live in Junction City, where he will become a stay-at-home dad. He has two children: Kelsey and Karrah.

**Master Sgt. Philip J. Powers**, 2nd Battalion, 34th Armor, retires

after 21 years of military service. Powers and his wife, Tammy, will live in Wamego, Kan., where he will become a stay-at-home dad. The couple has three children: Michelle, Brooke and Zach.

**Sgt. 1st Class Sabino F. Arquero Jr.**, Company A, 2nd Bn., 34th Armor, retires after 22 years of military service.

Arquero and his wife, Angelica, will live in Junction City, where he plans to pursue a career in information technology. The couple has two children: Kevin and Vivian.

**Sgt. 1st Class Derrick A. Sheppard** retires after 21 years of military service culminating with his assignment as an assistant inspector general.

Sheppard and his wife, Tiffany, will move to Atlanta, where he will become a stay-at-home dad. The couple has two children: Cameron and Taylor.

**Sgt. 1st Class Manun Kreizel**, 1st Brigade, retires after 22 years of military service.

Kreizel and his wife Patricia will live in Junction City, where he will become a stay-at-home dad. The couple has three children: Brandy, Manun and Taywon, and one grandchild.

**Sgt. 1st Class Stephen D.**

**Linn Sr.**, 3rd Brigade, retires after 24 years of military service.

Linn will live in Milford, Kan., and plans to pursue employment overseas.

**Sgt. 1st Class Ralph E. Bolt**, 4th Battalion, 1st Field Artillery, retires after 21 years of military service.

Bolt and his wife, Linda, will move to Ashland, Ky., where he will begin a new career working with the state railroad system. The couple has two children: Justin and Aaron.

**Staff Sgt. Frank G. Servello Jr.**, 3rd Bde., retires after 20 years of military service.

Servello and his wife, Bonnie, will move to Irwin, Pa., where he plans to continue his education. The couple has three children: Denise, Donna and Kevin.

**Staff Sgt. Larry D. Graham**, 1st Engineer Battalion, retires after 20 years of military service.

Graham and his wife, Kathie, will live in Junction City, where he plans to seek civilian employment and spend time with his family. The couple has two children: Kristen and David.

**Thomas Pettegrew** retires after 39 years of combined federal service.

Pettegrew received the Com-

mander's Award for Civilian Service for his service to the nation, culminating as the chief of business operations for the Fort Riley Directorate of Morale, Welfare and Recreation.

He will live in Milford and pursue his lifelong interest in golf. He plans to continue his association with MWR and the Fort Riley golf program.

**Carolyn K. Cook** retires after 36 years of federal civil service. Cook received the Superior

Civilian Service Award and was commended for her outstanding service to the nation culminating as the installation training ammunition manager for the Directorate of Plans, Training, Mobilization and Security.

Cook and her husband, Bill, will live in Junction City, where she will sell real estate part-time. The couple has four children: Gregg, Sean, Barry and Amber, and three grandchildren.

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service directory





## Post, Army news briefly

### Heating, cooling changes set

Weather permitting, heating at Fort Riley will be turned off beginning April 10 in the following sequence:

**April 10-21** – Administration buildings, barracks, BEQs and BOQs with individual heating units, 8000 area, dining facilities and community buildings.

Air conditioning systems are scheduled to be turned on beginning May 1 in the following order:

**May 1-12** – Barracks, BOQs and BEQs, 8000 area, community buildings, administration buildings, dining facilities and motor pools.

Heating and cooling systems in the medical and dental buildings will be maintained as needed. Family housing occupants control their own heat and air conditioning systems as desired. The authorized temperature for the cooling season is 76 to 80 degrees.

### Civil Air Patrol seeks members

The local chapter of the Civil Air Patrol, a volunteer auxiliary of the U.S. Air Force, needs new members. CAP performs search and rescue operations as needed and sponsors a cadet program, aerospace education, physical fitness training and more.

The chapter is seeking male and female youth between the ages of 12 and 21 and adults.

Meetings are 7 to 9 p.m. every Tuesday at the Junction City, Kan., Municipal.

For more information, call 238-8492 or visit <http://kswg.cap.gov/> and [www.cap.gov](http://www.cap.gov) on the Web.

### BOSS plans fashion show

Fort Riley's Better Opportunities for Single Soldiers program will host a fashion show at 7 p.m. April 22 at the Marriott Convention Center in Junction City, Kan.

Fashions that will be shown include designs by students at Kansas State University and items sold at trendy fashion stores in the area.

The cost is \$10 per person in advance.

For more information or to purchase tickets, call the BOSS president at (785) 239-8147 or the Information, Ticketing and Registration Office at (785) 239-5614.

### Civilian workers advised of rights

Federal civil service employees are advised that the exclusive representative of employees in the bargaining unit must be given the opportunity to be represented at any examination of an employee in a bargaining unit by a management representative in connection with an investigation if:

- The employee reasonably believes that the examination may result in disciplinary action against the employee, and
- The employee requests representation.

The exclusive representative for employees in the bargaining units at Fort Riley is American Federation of Government Employees Local 2324.

For more information about employee rights, call the Civilian Personnel Advisory Center, 239-6093, or the local union office, 239-5645.

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A ground guide motions for a driver to stop while unloading 3rd Bde. vehicles from railcars March 28 at Camp Funston.

Post/Morelock

A plume of smoke shoots out the exhaust of a Paladin 155mm self-propelled howitzer as it is finally driven off the railcar that carried it from port to Fort Riley, following a ground guide to a nearby parking lot.

Post/Morelock



Soldiers in an M984 wrecker help a driver start a Bradley Fighting Vehicle that needed a jump before being driven off the train March 28 at Camp Funston.

Post/Morelock

# 'Bulldogs' unload equipment

By Anna Morelock  
Staff writer

Since returning home almost two months ago, 3rd Brigade Combat Team Soldiers have been spending time with family and friends, resting and relaxing. Some have been planning change of station moves and preparing to leave the military.

Other Soldiers have been preparing to downsize 3rd BCT for future operations. Still other members of the combat team have been planning for the return of the brigade's equipment from Iraq.

Representatives of the 3rd BCT battalions were on hand to welcome the first train of that equipment March 28 at the Camp Funston railhead.

Planning for the equipment's return actually started about two months, before the brigade's return from Iraq, said Capt. Hans Hogan, the brigade assistant S4. Soldiers make it home about 96 hours after leaving Iraq, but the equipment's journey takes a bit longer.

It takes longer because of all the customs requirements and inspections, the cleaning and the preparation involved in moving the equipment from Iraq to Kuwait, Hogan said. Once in

Kuwait, it is inspected further and prepared by various military and commercial agencies to insure safe transportation.

"This process takes about 15 days once it leaves Iraq," Hogan said. From there it's loaded on ships for a 30- to 45-day journey back to the United States. After arrival at U.S. ports, the equipment is loaded onto trains and trucks for the last leg of its journey back to Fort Riley.

At the post's railhead, investigators from the Criminal Investigation Division were on hand to make sure containers and vehicles had been secured during their journey. The investigators checked to make sure vehicles had been properly tied down and that containers had been properly secured and not tampered with.

Containers coming back from Iraq needed to be secured with locks and an orange customs seal, said Investigator Francisco Brown. A few of the containers were pulled because a lock was missing or the seal had been damaged.

"We'll have the units open them up for us real quick just to make sure nothing's been stolen and everything's where it's supposed to be," Brown said. "Accountability of equipment is the major thing."

If something were to turn up missing, the unit or CID would conduct an investigation, depending on what was missing, Brown added.

Safety was another issue while working at the railhead. Before the first day of unloading, six non-commissioned officers were given the duty of being safety NCOs. The safety NCOs, wearing white hardhats, were responsible for ensuring that Soldiers followed instructions given in the safety briefing.

Among those instructions issued by Hogan, wearing his flag-embazoned hardhat, were speed limits – 3 miles per hour on the railcars, 5 mph on the ground – and other instructions to the ground guides and drivers.

After the safety briefing, drivers made their way to the first ramp to start up their vehicles. As the Soldiers from 1st Battalion, 41st Infantry, who were in charge of the first ramp to be unloaded got into their vehicles, rumblings started up and down the line as most of the vehicles came to life with a roar and puffs of smoke.

However, after a long journey and a dusty year in Iraq, many of the vehicles sat silent.

"Make sure the vehicle behind you is running before you pull off," Hogan told the drivers before the unloading process began. If the vehicle behind was dead, the front vehicle would have to pull it off. In the case of the first vehicle to be unloaded, a Paladin, a jump start was needed before the ground guide and driver could get it positioned in the parking lot where it would be lined up with the rest of the unit's vehicles.

So far about 80 percent of the brigade's equipment is back, Hogan said. "Downloading trains has gone very smooth and we

anticipate receiving the remaining rolling stock equipment within the month by commercial trucks." A few more containers are also still expected to arrive within the month, he added.

Hogan estimated that the brigade had processed and moved more than 900 trucks, Bradley Fighting Vehicles, M109 Paladins and other pieces of rolling stock and more than 200 containers carrying bags and other equipment by April 3.

Anna Morelock can be contacted at [anna.morelock@riley.army.mil](mailto:anna.morelock@riley.army.mil) or 239-3032.

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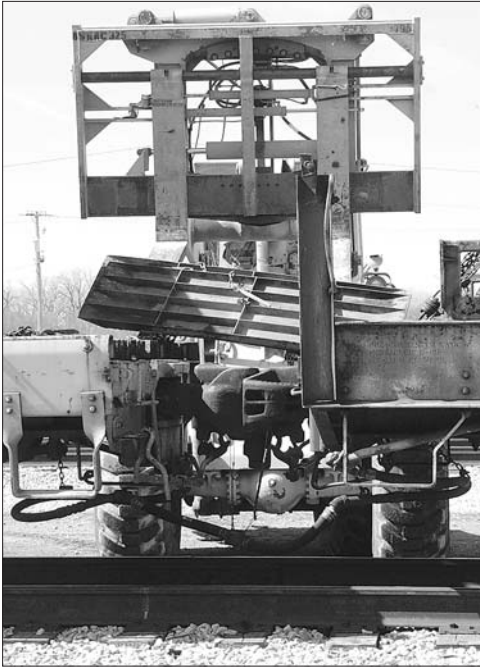
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A forklift drops spanners between two railcars. The spanners link the cars so that wheeled vehicles can be driven from one end of the train to the other when loading and unloading.

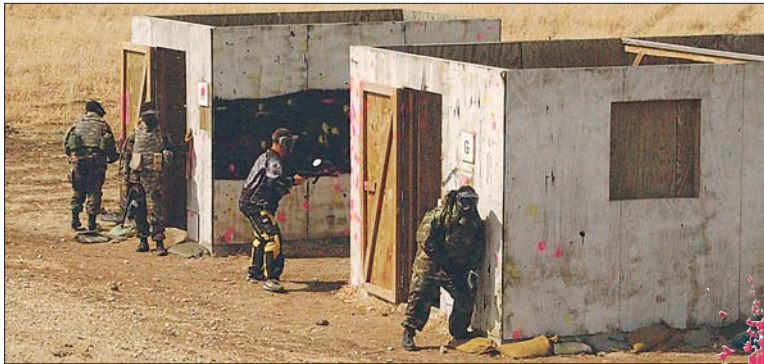
Post/Morelock

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USAA CORPORATION- AFC  
3 x 21.25"  
Black Only  
652034 her minivan's got room





*Post/Stairrett*  
Soldiers of 101st FSB and a paintball instructor methodically search buildings during a game of capture the flag March 29 at Fort Riley. They added paintball weapons and ammunition to give a semblance of being involved in an actual firefight.

## 'Splat' wars continued from page 1

said.  
After the first round of building clearing, Soldiers stood around the site and refilled their paintball guns. Most had neon yellow and pink paint dribbling from their facemasks and body armor.

Many Soldiers wore ponchos to protect their gear from the paint, but removed it because the wind made it hard to maneuver effectively.

Sgt. Jason Kendall took a pink paintball to the side of the head early in the first round and it dripped off him like blood from a wound.

Although they used paintballs instead of blanks, the training was more realistic because the Soldiers actually felt the impact of the rounds, Spc. Veronica Largo said.

Second Lt. Frederick Patchell, who organized the training with paintballs, said people know they got hit because they had the pain to prove it.

The neck is the most painful place to get hit, Jordan Dougherty said while pointing to an emerging welt above his collarbone.

Dougherty works for J.C. Paintball and competes in paintball competitions.

J.C. Paintball is a store located in Junction City that supplies Fort Riley with equipment for these kinds of training missions five to six times a month, Dougherty said.

Dougherty and another paintball instructor hauled 40,000 yellow- and pink-colored paintballs to the range March 29 and taught the Soldiers basic safety techniques before the paint began to fly.

"It's a lot of fun just to provide them an alternative training method," Dougherty said.

The fun aspect of using paintballs also made it easier to practice the important task of clearing buildings.

Sgt. Madeline Maduabuchi said some of the Soldiers had never carried out this type of training and using paintballs motivated them to have fun.

For Pfc. Claudia Villa, the hardest part of training with paintballs came at the end of the day.  
"You get into it so much you don't want to stop shooting," she said.

*Amanda Kim Stairrett can be contacted at amanda.kim.stairrett@riley.army.mil or 239-3977.*

## The 'wounds'



*Post/Stairrett*  
A 101st FSB Soldier loads her paintball gun with pink paintballs during building-clearing training March 29 at a Fort Riley MOUT site.

BRIGGS AUTO LANE  
6 x 10.5"

6x10.5 Pull Color #112 Briggs





# Fort Riley Sports & Recreation

Friday, April 7, 2006

America's Warfighting Center

Page 11

## Sports news in brief

### Class teaches fishing skills

The Outdoor Recreation Center will offer a free class teaching bass fishing techniques April 27 at Moon Lake on post. Everyone 16 years and older may participate.

The class will teach about bass fishing in Kansas waters, tournament fishing strategies, tactics for catching more bass, tips for selecting tackle, ways to find more bass and insights into bass behavior.

To register, visit the Outdoor Recreation Center at 9011 Rifle Range Road or call 239-2363 or 239-6368.

### Group sponsors turkey seminar

The Fort Riley Outdoorsmen Group will sponsor a turkey hunting seminar at 7 p.m. April 10 upstairs at the post Conservation Office, Building 1020, Huebner Road.

Brandon Houck, regional wildlife biologist for the National Wild Turkey Federation, will present information for beginners and experts. The seminar is open to everyone. Participants are invited to bring their own food to barbeque at 6 p.m.

For more information, call 239-6211 or visit the Conservation Office.

### Outdoor staff plans canoe trips

Authorized users of the Fort Riley Outdoor Recreation Center can sign up for upcoming canoe trips on the Kansas River.

The trips total 10.3 miles from the U.S. Highway 24 Bridge to St. George. Participants should plan to be gone between 9 a.m. and 4 p.m.

Trips are being planned for June 3 and 17, July 8 and 29 and Aug. 5 and 19.

Cost per person is \$15, which includes rental fees for canoe, paddles and life vest and transportation to and from the Outdoor Recreation Center.

Anyone interested should register at the Outdoor Recreation Center, 9011 Rifle Range Road.

For more information, call 239-2363.

### Youth fishing tourney set

A youth fishing tournament is planned from 10 a.m. to 3 p.m. June 10 at Moon Lake on post. The tournament is open for children age 2 to 12 and teenagers age 13 to 19. A parent must be present while the younger children fish.

Entry fee is \$5 per person. Prizes will be awarded for the largest fish by weight, largest fish by length and largest stringer of fish. The prizes will go to the top three winners in each of the two age categories.

Prizes include a rod and reel, lures and coolers.

Each entrant can use no more than two poles. Kansas fishing regulations for length and creel limit apply for the tournament.

Entrants must register by June 8. To register, call 239-2363 or stop by the Outdoor Recreation Center, 9011 Rifle Range Road.

## Students royal for a day

By Amanda Kim Stairrett  
Staff writer

KANSAS CITY, Mo. — The Leucis are Yankees fans, but after the Kansas City Royals' home opener April 3, 10-year-old Nicole said, "We'll kind of be mixing Royals and Yankees now."

Nicole, her 3-year-old brother, Chad, and 10 other Fort Riley children walked onto the field with the Royals' starters at Kauffman Stadium before the game. They were introduced as members

of the honorary Royals line up, with the regular lineup losing to the Detroit Tigers, 3 to 1.

Eight of the 13 children selected have parents deployed in support of Operation Iraqi Freedom. Five have parents who returned in June from yearlong deployments to Iraq. Nicole and Chad's father, Chief Warrant Officer Lawrence Leuci, is an aeromedical evaluation pilot in the 82nd Medical Company (Air Ambulance). One child was unable to attend the opening game.

The Leuci children walked onto the field with Royals superstar first baseman Mike Sweeney.

"It was pretty cool we got to be with Sweeney," Nicole said.

She didn't know a lot about him, but knew he was the team's best player. Sweeney "was just really nice," Nicole said, and told her and her brother, "God bless you."

Sweeney also helped wrangle Chad on the sidelines when Chad just wanted to play baseball with

See Royals, Page 14



Mykhail Shaw and his brother, Xavier Thames, talk with Mark Redman (left) and Joe Mays (right), Royals pitchers, before the pre-game ceremony April 3 at Kauffman Stadium.

## SJA/CID triumph



Iraj Gharagouzloo steps forward to kick the ball past an SJA/CID defender (center) after 331st Sig. Co. teammate Tiffany Gillis managed to pass the ball after colliding with the SJA/CID player. Signal's Chris Walters (left) watches the play develop. SJA/CID won the April 4 Northern League game 3-2.

Post/Heronemus

## Good start doesn't hold out for 331st Signal Co.

By Mike Heronemus  
Editor

The 331st Signal Company scored first, but the combined team of Staff Judge Advocate and Criminal Investigation Division players scored last to win their 7 p.m. Northern League soccer game 3-2 April 4.

Neither team scored in the first 25-

minute half, but Signal took only about two minutes to score after the halftime break. Marlon Beach sent a clear shot past the SJA/CID goalie to take the advantage.

Mike Montoya sent another Signal shot into the right side of the goal about nine minutes later to claim a 2-0 lead at least one person on the sideline figured would be hard for SJA/CID to over-

come.

Both teams seemed evenly matched offensively and defensively throughout the first half and the Signal scores came despite a crowd of SJA/CID defenders.

SJA/CID, however, wouldn't quit.

About a minute after Montoya scored, Mike Parker took a pass from Mark Malcolm and bounced the ball over the heads of the Signal goalie and other Sig-

nal players' heads into the net for SJA/CID's first goal.

About six minutes later, Jim Suprunowicz passed to James Leclair who sent a high straight shot over the Signal goalie's head into the top of the goal to tie the score at 2-2 with about

See Soccer, Page 12

## Battered Army racecar survives NASCAR short-track crash fest

By William Thurmond  
Army News Service

MARTINSVILLE, Va. — Racing fans like different tracks for different reasons. Each venue has a personality they can appreciate.

Superspeedways, like Daytona and Talladega, are hyperactive and high-strung creatures where life on the edge is the norm. Most medium-distance tracks, like most people, are steady, reliable creations with defined grooves that deliver consistent, predictable results.

But the roots of NASCAR are found on short tracks, like the Bristol, Tenn., and Martinsville,

Va., Speedways.

And short tracks are simply mean, aggressive and otherwise unpleasant.

In other words, they produce the most entertaining stockcar racing in the world.

Joe Nemecek's Army team provided much of that entertainment during the April 20 caution-filled DIRECTV 500.

While the battered Army car limped to a five-lap-down 23rd-place finish, current NEXTEL Cup champion Tony Stewart held off Rick Hendrick teammates Jeff Gordon and Jimmie Johnson for his second Martinsville victory. He last won the race in 2000.

Showing the grit and sheer

determination you'd expect from the son of Dale Earnhardt, Junior brought his shredded Budweiser Chevrolet across the line in fourth place, to the delight of the sold-out crowd.

By lap 500, Junior's Chevy bore little resemblance to the shiny race car that started the race. His troubles began on lap three, when he and fellow racers Robby Gordon and Chad Chaffin tangled in turn two. Earnhardt's pit crew, working feverishly, kept him on the lead lap as they cut damaged sheet metal away from the car's front end.

A single-car spin later in the

See Nemecek, Page 12

## Soldiers invited to Splashin' Dash

Staff report

Fort Riley will host the 2006 Mimi Splashin' Dash Triathlon April 29.

The triathlon will include a 300-meter swim at Eyster Pool, a 7-mile bike ride from Eyster Pool northwest to Kitty Lane, then eastward to 1st Division Road, south on 1st Division Road to Caissan Hill Road and southwest on Huebner Road to Riley's Conference Center, where a 2-mile run will be conducted.

The race is open to everyone, and an awards presentation will follow at Riley's.

Entry fee are \$15 per person and \$45 for a three-person team. T-shirts are included in fee.

All entrants must register before 4 p.m. April 27. No same-day registration will be accepted.

Registration is limited to the first 150 individuals and the first 50 teams.

For more information and an entry form, visit [www.riley.army.mil/view/article.asp?id=047-2006-03-07-55509-84](http://www.riley.army.mil/view/article.asp?id=047-2006-03-07-55509-84) on the Web or call the Fort Riley Sports Office at (785) 239-2172 or (785) 239-2813.







## Sports news briefly

### Ball sign-ups to begin

Sign-ups for youth T-Ball, baseball and softball for youth ages 5 to 13 will be from noon to 5 p.m. Monday through Friday April 10-28 at Central Registration in Building 6620. Practices will begin the week of May 22. Games will begin June 5.

Registration fees are \$40 for the first child and \$32 for each additional child.

There is an \$18 CYS yearly registration fee for each child, up to a maximum of \$40 for the yearly family registration fee.

All participants must have a sports physical with them or on file at the time of registration. This form must be dated on or after July 31, 2005.

For forms or more information, call the Youth Sports Office at 239-9223 or Central Registration at 239-4847.

### Youth camps scheduled

Fort Riley youth can register to participate in three sports camps this summer.

A basketball camp is scheduled July 17-24, a soccer camp July 31 through Aug. 4 and a volleyball camp Aug. 7-11.

The cost of each camp is \$25 per camper with current Child and Youth Services registration.

For more information, call CYS at 239-4847.

### Center hosts family nights

Family fitness nights are scheduled from 6:30 to 7:30 p.m. April 21, May 19, June 23, July 28 and Aug. 25 at the Fort Riley Teen Center, Building 5800.

The nights offer a free opportunity for parents and children to work out and exercise together in a high energy environment.

For more information, call the Youth Sports Office at 239-9223 or 239-9200.

### Opening day golf tourney set

Custer Hill Golf Course will hold its opening day golf tournament April 15. The cost for the event is \$15 plus green fee and cart. Tee times are available on a first come basis. For more information call 784-6000.

### Bird watching class scheduled

The Outdoor Recreation Center staff invites you to join them for a free basic bird watching class April 15.

Participants will spend the morning with an avid bird-watcher and learn about the birds found in Kansas and the Fort Riley area. This is an outside event, so participants should dress according to the weather.

The class will be held at Moon Lake at the east playground. Participants must sign up at Outdoor Recreation Center, Building 9011, Rifle Range Road.

For more information, call 239-2363 or 239-6368.

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1x3 Feeney Looking



David "Strictly Business" Medina trains for his headline fight at the Geary County Convention Center.

## JC's Medina to box

By Dustin Kimmel  
The Daily Union

In about a week, one of Junction City's own will have the chance to win his first professional boxing title, right in his backyard.

On April 15, David "Strictly Business" Medina, an Accent Controls employee working under contract at Equipment Concentration Site 33 on Fort Riley, will headline a seven-fight boxing card at the Geary County Convention Center.

Medina, a former all-Army middleweight champion, will go eight rounds with Manny Castillo for the Global Boxing Union middleweight title belt.

The main event will be one of five professional fights. Each fight will feature boxers under Zef Ramirez of JewBoy Promotions, Medina's promoter. Medina's cousin, Marvin "Much-2-Much" Cordova, will fight Maurice Bruschard in a light welterweight bout.

Eddi Harrison will box an opponent yet to be named. Two women's fights also are on the card. Another cousin of Medina, Chantel "The Golden Girl" Cordova, will take on Gina Able in a super flyweight contest. Jamie "Coochie Bug" Meyers will fight Tiffany Wilson in a bantam weight match.

Two amateur bouts are on the card before the start of the professional bouts. Before turning professional, Medina boxed with the Army's World Class Athletes Program and trained at the Olympic Training Center in Colorado Springs, Colo., until August 2000.

"I actually joined the Army to try for the Olympics," Medina said April 3 during a lunch break. He enlisted in August 1997, went to basic training at Fort Knox, Ky.,

and completed advanced individual training as a tracked vehicle mechanic at Aberdeen Proving Ground, Md., before being assigned to Fort Carson, Colo.

His commander at Fort Carson would not release him to try out for the Army's boxing team, but when Medina was reassigned to Korea, his commander there allowed him to try out. Medina made the team and spent the rest of his Army career boxing.

He competed in the U.S. Olympic trials in Tampa, Fla., in 2000, but didn't make the U.S. Team. He won the all-Army middleweight championship title that year, however.

Since starting his professional career just a year ago, Medina has been on a steady upward career track.

### If you go:

Doors open at 6 p.m. April 15 at the Junction City Convention Center. Tickets can be bought at the Twelfth Street Community Center in Junction City; the ITR Office at Fort Riley or by calling Medina at 223-7286. Military get a 10 percent discount.

Cost for ringside seats is \$30. Cost for general admission is \$20.

Medina said by fighting more quality opponents, he will climb the rankings at a much faster pace. Quality of bouts is one of the major reasons Medina recently switched from Topeka promoter Damon Reed to Ramirez. Castillo, who Medina faces April 15, is 13-11 as a professional. His resume includes fights against former title holders Mickey War and Diego Corrales.

After his bout in Junction City, Medina will head to California in May to train a couple of weeks with Freddie Roach, a renowned trainer who has trained world-class fighters such as James Toney and Mike Tyson.

Post Editor Mike Heronemus contributed to this article. It is reprinted from the April 2 Daily Union by permission of Editor and General Manager Tom Throne.

KANSAS PRESS  
2 x 4"  
Black Only  
Schlumberger

## Soccer continued

from page 11

seven minutes left to play.

Any ideas of a shootout at game's end to determine a winner vanished with only a couple of minutes left to play when Robert Teetsel passed to John Feliciano and Feliciano sent the winning score into the net.

### In other play:

In other Northern League action, 97th Military Police Bat-

alion defeated 331st Sig. Co. 5-4 April 3 and 70th Engineer Battalion defeated 97th MP Bn. 4-0 March 29.

In Southern League action, Meddac/Dentac forfeited to the 610th Brigade Support Battalion April 4 and 2nd Bn., 34th Armor, defeated 10th Air Support Operations Squadron 5-0 April 3. The March 30 game between 2nd Bn., 34th Armor, and 1st Engineer Battalion was cancelled because of weather.

### Southern League Standings

(as of April 4)

Team	W	L
Meddac/Dentac	0	1
1st Bn., 16th Inf.	0	0
10th ASOS	0	2
2nd Bn., 34th Armor	1	0
1st Eng. Bn.	0	0
610th BSB	2	0

### Upcoming games:

#### Southern League games:

610th BSB plays 2nd Bn., 34th Armor, at 7 p.m. April 10.  
1st Battalion, 16th Infantry, plays 10th ASOS at 6 p.m. April 11.  
610th BSB plays 1st Bn., 16th Inf., at 7 p.m. April 13.

#### Northern League games:

97th MP Bn. plays SJA/CID at 6 p.m. April 10.  
331st Sig. Co. plays 1st Battalion, 5th Field Artillery, at 7 p.m. April 11.  
97th MP Bn. plays 1st Bn., 5th FA, at 6 p.m. April 13.

### Northern League Standings

(as of April 4)

Team	W	L
331st Signal	0	2
97th MP	1	1
1st Bn., 5th FA	0	0
2nd Bn., 70th Armor	0	0
SJA/CID	1	0
70th Eng. Bn.	1	0



The Army pit crew races to complete a four-tire stop during Sunday's DIRECTV 500 at Martinsville Speedway.

## Nemechek

continued from page 11

race erased the gains Earnhardt had made up, putting him once again to the rear of the field. Not giving up, he charged through traffic for a second time to eventually challenge for the lead in the closing laps.

Similar hardships struck the Army racing team, and like Junior, they refused to quit.

Despite multiple misfortunes, the Army team advanced one spot in the NEXTEL Cup points chase by staying in the race through sheer force of will.

"When you look at this car, it's hard to believe that we were able to finish the race," said Army crew chief Ryan Pemberton. "The Army Chevy is pretty well mangled. It took a beating today. After the No. 10 car (Scott Riggs)

slammed into us (on lap 289), we had handling issues for the rest of the race. Joe did a great job just to finish the race."

Former MB2 teammate Riggs' bump-and-go pass sent Nemechek's Army Chevy hard into the turn three safety barrier, heavily damaging the car's left side and resulting in a shredded left-front tire.

"I don't understand why he (Riggs) did what he did. That was a low blow," Nemechek said.

Two more caution-producing spins resulted in still more damage to the Army car. Each time, Nemechek's pit crew made repairs and got him back in the race.

"It was a wild ride out there," Nemechek said. "We took our

licks, but nobody knocked us out. We fought like our Soldiers right to the end. There is never any quit when you represent the Army."

Nemechek finished the race running, extending his series-leading consecutive streak of finishing races to 38.

"What's frustrating is that our pit stops the last three races have been excellent, but we haven't put ourselves in position to take advantage of those quick stops," Nemechek continued. "The hard work will eventually pay off. I just know it will."

Nemechek and the Army team won't have to wait long. The next Cup race is April 9 at Texas Motor Speedway.

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## Sports news briefly

### Field house, pool activities listed

King Field House and Eyster Pool staffs have scheduled several activities and classes scheduled for the coming week, including:

**April 8** – 8:30 to 9:30 a.m., spinning class, King Field House

**April 9** – 2 to 4 p.m., family skate (\$1 for ID card holder), Riley Wheels at King Field House,

**April 10** – 8:30 to 10:30 a.m., Fit Force I, King Field House; 9 to 10 a.m., spinning class, King Field House; Noon to 1 p.m., fitness yoga, King Field House; 4:30 to 5:30 p.m., Turbo Kick, King Field House; turbo kick; 5:45 to 6:30 p.m., abs, buns and thighs, Eyster Pool; 5:45 to 6:45 p.m., total body toning, King Field House

**April 11** – 6:30 to 7:30 a.m., PT power time, King Field House; 9:30 to 10:30 a.m., water aerobics, Eyster Pool; 5 to 6 p.m., water aerobics, Eyster Pool; 6 to 7 p.m., spinning class, King Field House

**April 12** – 10:30 to 11:30 a.m., Mommy & Me, Eyster Pool; 9 to 10 a.m., spinning class, King Field House; 5:45 to 6:30 p.m., abs, buns and thighs, Eyster Pool

**April 13** – 6:30 to 7:30 a.m., spinning class, King Field House; 9 to 10 a.m., Revolt-X, King Field House; 9:30 to 10:30 a.m., water aerobics, Eyster Pool; noon to 1, fitness yoga, King Field House; 3:30 to 4:30 p.m., spinning class, King Field House; 5 to 6 p.m., water aerobics, Eyster Pool; 6 to 7 p.m., spinning class, King Field House

**April 14** – 9 to 10 a.m., turbo kick, King Field House; 4:30 to 5:30 p.m., spinning class, King Field House; 5:45 to 6:45 p.m., cardio pump, King Field House



Post/Stairrett

**Sluggerrr**, the Kansas City Royals mascot, tickles 4-year-old Chad Leuci. Chad and his 11-year-old sister, Nicole, got to walk onto the field with Royals star Mike Sweeney during the pre-game lineup.

## Royals

continued from page 11

the ball he was given for players to sign.

This was an awesome opportunity for her children, said Dena, Nicole and Chad's mother. "They were so excited. It gives them something to look forward to."

Dena said the hardest thing was choosing which two of her three children for the event. Her 16-year-old daughter, April, said she was content to just sit in the stands and watch.

Nine-year-old Mykhail Shaw had fun, but said he was nervous to stand in front of the opening-day crowd, which totaled 41,054. He and his 11-year-old brother, Xavier Thames, stood between shortstop Angel Berroa and third baseman Mark Teahen during the pre-game ceremony. They also stood in front of the dugout, and Xavier talked sports with some of the players. Xavier plays basketball and baseball.

The brothers watched in awe as a B-2 Stealth bomber soared overhead but said the coolest part of the pre-game events was getting to see the bald eagle, Challenger, fly around the stadium and land on the field.

### Fort Riley children invited:

**Scott and Megan Miller**, children of Chief Warrant Officer Douglas Miller, 82nd Medical Company (Air Ambulance)  
**Jacob Garcia**, son of Chief Warrant Officer Johnny Garcia, 82nd Med. Co. (Air Ambulance)

**Nicole and Chad Leuci**, children of Chief Warrant Officer Lawrence Leuci, 82nd Med. Co. (Air Ambulance)  
**Dylan and Erica Scott**, children of Sgt. David Scott, 82nd Med. Co. (Air Ambulance)

**Parker Wilson**, son of Cpl. Jeremiah Wilson, 300th Military Police Company  
**Emily Regan**, daughter of 1st Lt. John Regan, 2nd Battalion, 70th Armor

**Chandler Smith**, son of Sgt. Jeremy Smith, 1st Battalion, 41st Infantry  
**Xavier Thames and Mykhail Shaw**, sons of Staff Sgt. Harvey Shaw, 1st Bn., 41st Inf.

**Justin Embry**, son of Staff Sgt. George Embry, 1st Bn., 41st Inf.

Fort Riley children were chosen as members of the honorary line up because the Royals wanted to recognize the sacrifices not only our servicemen and women, but also the sacrifices their families make for our freedoms, said Lora Grosshans, Kansas City Royals public relations.

"We thought this would be a neat way to incorporate the two and give these children an opportunity to be part of these special festivities," she said.

Amanda Kim Stairrett can be contacted at [amanda.kim.stairrett@riley.army.mil](mailto:amanda.kim.stairrett@riley.army.mil) or 239-3977.

## Winter sports clinic opens in Washington

By Donna Miles

AFPS

WASHINGTON — Veterans Affairs Secretary R. James Nicholson and former Deputy Defense Secretary Paul Wolfowitz opened the 20th National Disabled Veterans Winter Sports Clinic in Washington April 2, praising participants for their sacrifices and their focus on their abilities, not their disabilities.

Nicholson saluted this year's 350 participants, including about 50 wounded during operations Iraqi Freedom and Enduring Freedom, for their willingness to push beyond their comfort zones to discover the challenges they can overcome. He told them their "indomitable spirit and optimism and can-do attitude ... epitomize America."

"You are showing that there are no barriers to living life to the fullest and being a productive person if you put your mind to it," he said. "By your achievements in the field of sport this week, you will again showcase that spirit of America."

The winter sports clinic is about a lot more than skiing, Nicholson said earlier in the day. "It's about (these veterans) coming together, getting to know each other and bonding and realizing a whole new set of life experiences," he said. "It's opening them up to a whole 'nother life.'"

The program, jointly sponsored by the Department of Veterans Affairs and the Disabled American Veterans, is open to U.S. military veterans with disabilities ranging from spinal cord injuries and orthopedic amputations to visual impairment and neurological conditions.

During a six-day program designed to help them push their limits and discover new abilities, Veterans learn adaptive Alpine and Nordic skiing. They also are introduced to a variety of activities and sports, such as rock climbing, scuba diving, trapshooting, snowmobiling and sled hockey.

This year, for the first time, participants also will be intro-

duced to racing techniques and other Paralympic sports, such as wheelchair fencing.

Between their scheduled sports activities, participants will kick back to the entertainment of country music star Clay Walker and visit with actress Bo Derek, national honorary chairwoman for VA's rehabilitation special events.

Wolfowitz, president of the World Bank, told the group he was so impressed by what he witnessed at last year's clinic, which he attended as deputy defense secretary, that he didn't want to miss this year's event.

"It was fantastic. ... It just blew my mind," he told the group. "I didn't realize that this is sort of like basic training, taken to a higher level. ... I realized what this program pushes you to do and helps you learn to do, and I heard over and over and over again (that) this is a life-changing experience."

Beyond helping disabled veterans push beyond their limitations, the program helps create a forum for veterans to support and inspire each other, Wolfowitz said. "I think it's very important, because the support you give one another and the support that families give one another is part of what makes these miracles happen," he said.

One of this year's first-time skiers is Kenneth Adams, a 3rd Squadron, 17th Regiment, 10th Mountain Division, Soldier who received serious head injuries and was blinded during an accidental shooting in Kandahar, Afghanistan, in January 2004.

Adams wasn't expected to live more than a few hours after the accident and received a battlefield retirement as a private first class.

Two years later, he attended the opening of the sports clinic with his wife, Katie, and said he was ready to test himself on the slopes.

"I've never skied and never thought I'd ever ski, especially without eyesight," Adams said. "But I've done a lot of things since I became blind, and I figure that you've got just one life to live. So you have to do everything."

### AFTER DARK VIDEO

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# Fort Riley Community Life

Friday, April 7, 2006

America's Warfighting Center

Page 15

## Community news briefly

### Cub Scouts clean up grounds

Twelve Cub Scouts of Pack 260 on Fort Riley spend March 28 cleaning up the school ground at Fort Riley Elementary School.

They picked up trash, raked leaves, spread fresh mulch and planted flowers.

Master Sgt. David Farver is the cubmaster.

### Child services offers classes

April 15 - 9 a.m. to 3 p.m., Red Cross babysitting class

April 15 - 3 to 5 p.m., Home Alone Training or youth

For more information, call 329-9173.

### Easter sunrise services planned

Fort Riley's Community Easter Sunrise Service will be 6:30 to 7:30 a.m. April 16 at the Outdoor Chapel off 1st Division Road.

Morris Hill Chapel will serve as the alternate location in inclement weather.

Guest Speaker for the service will be Rev. Diana Chapel of the United Methodist Church in Manhattan.

Refreshments will be served at the site immediately following the service.

For more information, call Chaplain (Capt.) Ted Parks at 239-5590.

### Ranch offers horseback riding

Military families can sign up for horseback riding from 9 a.m. to 2:30 p.m. May 6 at Sun Rock Ranch.

Cost is \$25 per person but may be increased by \$5 if the class isn't full.

Sign up at the Outdoor Recreation Center, Building 9011 on Rifle Range Road, or call 239-2363 by May 4.

### Dads can enroll in 'boot camp'

Fathers to be can attend a class that could help them feel more comfortable about caring for a new infant.

The "Boot Camp for New Dads" will be offered from 6 to 9 p.m. April 10 at the Family Network Learning Center in the basement of the Junction City Municipal Building on the corner of Seventh and Jefferson Streets.

A meal will be provided and the class is free. "Rookie" dads will be assisted by "veteran" dads and their babies.

The three-hour class will focus on the changing roles and responsibilities of a man becoming a father, ways in which he can support his new-mom mate and hands-on skills of caring for an infant.

Other topics for discussion include safety issues, preventing child abuse, bonding, balancing work and family responsibilities and forming a parenting team.

For more information and to register, contact Kathy Williams in the Innovations in Schools and Community Office at 717-4021 or send e-mail to the instructor, Jim Williams, at jimwilliams@usd475.org.

### Stay In Step with Fort Riley

See what's happening on Fort Riley cable Channel 2 every day at 6:30 a.m., 8 a.m., noon, 6 p.m. and 10 p.m.



Above: Laura Nivens plays "Ode to Joy" on her violin.

Right: The teacher Kazoo Band harmonizes to "America the Beautiful."

Far Right: Marcus Pastran sings "Heartland."

Post/Morlock

## Shining stars

### 'Custer Hill Idol' showcases student, teacher talent

By Anna Morelock  
Staff writer

Jump ropes, extreme makeovers, violins and kazooes were just a part of the Custer Hill Idol talent show judged by "Randy," "Paula" and "Simon" March 30 at Custer Hill Elementary School.

Announcer Dylan Sherfield introduced Randy and Paula, played by Jim McManigal and Cam Pastran, to cheers from the grade-school crowd. The third judge, "Simon," known in his regular life as Taran Myrick, was greeted by loud boos from the enthusiastic audience.

The talent show, normally held every other year for just students, combined the talent of teachers and students this year to celebrate March as Music in Our Schools Month.

"There were about 50 kids that tried out," said music teacher Desiree Brown, "so we couldn't have everyone." The show consisted of 17 student acts and eight teacher performances.

Most of the acts showed off the vocal abilities of students, such as Becca McManigal singing "Come Home Soon," Marcus Pastran's rendition of "Heartland" and Elizabeth Anderson's "I Try."

Some students danced. Others, such

as Laura Nivens, played an instrument. Nivens delighted the crowd and judges with "Ode to Joy" played on her violin.

"She should definitely have a record deal," said an unusually gracious Simon.

An act that wasn't as well received by certain judges but still got its recognition from the crowd began as a group of teachers lugged their bulky instrument cases to the stage. After the struggle to set up, members of the Kazoo Band pulled out their kazooes to produce a squeaking rendition of "America the Beautiful."

Other acts took a more thespian route, such as Dasante Browne's recitation of his original poem, "Black Rap," to the beat of a drum.

Although set to the theme of "American Idol," the Custer Hill version didn't have a final winner or a record deal. Sherfield was going to announce the phone lines were open at the end of the show, but the show had to be cut short due to the length of the whole thing, Brown said.

Brown said she was quite proud of the students. "Nerves were a big thing," she said about the performers. "They worked really hard, and I think it turned out well."

Anna Morelock can be contacted at [anna.morelock@riley.army.mil](mailto:anna.morelock@riley.army.mil) or 239-3032.



## CYS celebrates military children

### Classes, activities planned

By Anna Morelock  
Staff writer

April is designated as Month of the Military Child in order to recognize military children who often are faced with situations other children may not encounter.

"A military child's life is unique due to constant changes," said Child and Youth Services Administrator Sherley Singleton. Some of the changes, due to having one or both parents in the military, deal with transitions to new schools, moving to new communities and even to other countries, Singleton added.

Military children confront unique issues, and that is often portrayed as negative, said Child Development Center Director Carole Hoffman. "We want to reverse that by highlighting the positive attributes of the military child. We want to highlight the fact that mil-

itary children have some wonderful life experiences to share and these experiences can be positive. Military children are children first," she added.

Adapting is a part of a military child's life. "Growing up in a military community has unique challenges and rewards and we should celebrate the military children for confronting these challenges head on and rising above them," Singleton said. "Military children have learned to indulge themselves in enriching programs, activities and maintain grades in school in spite of parent's career demands."

To celebrate and educate, CYS has planned an array of activities for April.

To start the month of recognition, School Age Services hosted a pancake breakfast, followed by a day of "Super Saturday" classes for parents and child care providers at the CDC

See Children, Page 17

## Soldiers judge drill meet

By Mike Heronemus  
Editor

Seventeen Fort Riley noncommissioned officers judged the 26th annual Jr. ROTC drill meet hosted by the Junction City High School Blue Jay Battalion April 1.

About 450 cadets representing 10 high schools competed in events ranging from individual drill with or without weapons to armed regulation drill for units to color guards.

Budget restrictions reduced the number of schools participating this year, said retired Lt. Col. Robert Kennedy, senior Army instructor for the Blue Jay Battalion. This year's participants numbered about 75 percent of previous years' competitors, he said.

The post NCOs, all members of the local chapter of the Sergeant Audie Murphy Club, showed up in sufficient numbers to provide four or five judges for each event, said 1st Sgt. Ray Chase of Headquarters and Headquarters Detachment and Company A, 101st Forward Support Battalion.

That meant the drilling cadets were being scrutinized from just about every angle and being docked points when their performances were less than perfect, according to drill standards.

For some of the judges, this



Post/Heronemus  
Sgt. 1st Class Esteban Perez of the Fort Riley Sergeant Audie Murphy Club judges the performance of the Wichita South High School Army Jr. ROTC unit April 1. The school's color guard was competing in the annual regional drill meet hosted by the Junction City High School Blue Jay Jr. ROTC Battalion.

year's competition was nothing new.

Sgt. 1st Class Randi Hamden of Company B, 101st FSB, and Sgt. 1st Class Esteban Perez of Headquarters and Headquarters Company, 1st Battalion, 34th Armor, had judged the drill meet the previous four years.

It was Chase's second year as a

judge. For the Blue Jay Battalion, the drill meet was no little undertaking. Planning began in February. On meet day, all of the 150 Junction City High School cadets not excused because of a serious per-

See JROTC, Page 17





## Community news briefly

### SAS plans spring carnival

School Age Services will host its spring carnival from 6 to 8 p.m. April 28.

The carnival will include a theater performance of "Harts and Tarts," the Boys and Girls Club's movie making project, and other activities for children and parents.

For more information, call 239-9220.

### Teen Center lists activities

April 7 - 7 to 10 p.m., new-comer's pizza party

April 8 - 9 to 11:30 p.m., high school dance

April 14 - 8 to 10:30 p.m., middle school dance

April 15 - 9 p.m. to midnight, midnight basketball

For more information on these events, call the Teen Center at 239-9222.

### Class to offer gardening tips

Authorized users can sign up at the Outdoor Recreation Center on Fort Riley to learn more about gardening.

"Getting Your Soil Ready" will be presented at West Acres Nursery in Junction City from 1 to 2 p.m. April 8.

Those interested can sign up for the free class by calling Outdoor Rec at 239-2363 no later than April 7.

The class will cover soil temperature, when to plant, how to prepare the beds, container planting and vegetable and flower plant beds.

### Free auto checks offered

Deployed Soldiers' family members can get a free 25-point automotive check at the post's Auto Skills Center on Custer Hill. Individuals must show verification of their Soldier's or unit's deployment, and ID card and vehicle registration or title.

For more information, call the Auto Skills Center at 239-9764.

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# Spiderman, Dorothy, FAP promote child abuse prevention



Post/Morelock

Spiderman and two helpers demonstrate how to deal with bullies March 31 at Rally Point.



Post/Morelock

D.A.R.E. Officer Sgt. Johnnie Dorsey watches as Phillip Hayes attempts to walk a straight line wearing goggles designed to simulate being impaired.



Post/Morelock

James Yoast tries on Fort Riley Firefighter Avi Elpern's gear during Safety Day at the Post Exchange April 1.



Post/Morelock

The Cowardly Lion greets children at Safety Day at the Post Exchange April 1.



Post/Morelock

Spiderman runs through the gymnasium at Morris Hill Elementary School March 31. The superhero was on hand to talk to the kids about bullying for Child Abuse Awareness Month.

JON MURDOCK AUTO MALL  
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3x10 Murdock Wc#1





# Will residents pay utilities?

## Picerne answers post housing questions

By Cassidy Hill

Communications manager

When Picerne Military Housing assumes responsibility for Fort Riley's on-post homes July 1, Soldiers will not have to pay extra for utilities. The Soldiers' Basic Allowance for Housing will be used to pay rent, utilities and limited renter's insurance costs.

However, the government is in the process of implementing a new program to conserve energy.

In the late 1990s, Congress mandated an energy conservation program for on-post housing. The Army is implementing this program, as are the other branches of service. The program at Fort Riley will not be implemented for several more years.



Only the utilities in new homes or significantly renovated homes will be metered. Engineers will then determine an energy consumption baseline per home type based on the size of the home, number of windows, height of ceilings, etc. Once the baseline has been determined for each home, the resident will receive mock bills for a period of at least six months so that they can adjust their energy usage as necessary. After the mock billing period, residents who use more than their baseline utilities allowance will be required to pay the excess usage of electricity or natural gas. Residents who use less than their baseline will receive a payment or credit for conserving energy.

Picerne Military Housing plans to finish constructing a small number of new homes by the end of 2007, with additional new and renovated homes becoming available in the years following. This means it will be about two to three years before any residents on Fort Riley will see the conservation energy program take effect.

For more information or questions about the energy conservation program, contact Picerne Military Housing at (785) 717-2210.



Post/Heronemus

**Cadet Seaman Dan Towne of the Shawnee Heights High School Naval Jr. ROTC unit spins his rifle while marching away from 1st Sgt. Randi Hamden of Co. B, 101st FSB.**

## JROTC

continued from page 15

sonal emergency reported for duty, said Cadet Capt. Tyler Peplinski, the battalion's S3 (plans and operations).

The day began at 7 a.m. with a pancake breakfast followed by a commanders briefing at 7:30, competition from 8 a.m. to 2 p.m. and the awards ceremony about 3 p.m.

Overall competition winner was Abraham Lincoln High School 1 with 4,861 points. Highland Park High School 1 placed second with 4,817 points, and Northeast High School placed third with 4,806 points.

Abraham Lincoln 1 cadets also won the Armed Exhibition and Armed Regulation Drill events.

Highland Park 1 also won the Unarmed Drill and Unarmed Exhibition events.

Northeast also won the Unarmed Regulation Drill.

Tulsa Memorial High School 2 won the Color Guard competition.

## Community news briefly

### Class offered to help dad

Beginning April 11, Geary County Unified School District 475 will offer "Dads in the 21st Century," a free class open to fathers or soon-to-be fathers who want to learn more about their role as a parent.

The class consists of six sessions conducted from 6:30 to 8:30 p.m. April 11 and 13, April 18 and 20 and April 25 and 27 at the Family Network Learning Center in the basement of the Junction City Municipal Building on the corner of Seventh and Jefferson Streets.

A meal will be served. Free childcare will be provided and free transportation is available. Class size is limited.

Participants in this course will be made aware of the valuable role that fathers play in the lives of their children and the possible devastating results of the absence of a father. The psychological and social-emotional differences between men and women will be discussed, as well as how those differences play out in their parenting.

Strategies and techniques will be shared as to how dads can improve themselves and their relationships with their family members.

For more information and to register, contact Kathy Williams in the Innovations in Schools and Community Office at 717-4021 or send e-mail to the instructor, Jim Williams, at jimwilliams@usd475.org.

### Scholarships offered

Education financial assistance is available through the Fort Riley Combined Scholarship Campaign. Applications can be obtained online at [www.riley.army.mil](http://www.riley.army.mil) by clicking on the "Current News" link, scrolling down to the briefs and clicking on "CSC Scholarship Application."

Copies also are available from guidance counselors at

local high schools, the Soldier and Family Support Center, the Fort Riley Thrift Shop, The Shoppe in the U.S. Cavalry Museum and the Education Center.

April 15 is the deadline for submitting scholarship applications. Scholarships will be awarded in May for the fall semester of 2006.

For more information, call Wendy DeMas at 784-2838.

### Pool staff plans Easter party

All Soldiers, family members and Department of Defense ID cardholders are being invited to attend an Easter party from 2 to 5 p.m. April 15 at Eyster indoor swimming pool.

The party will include Easter eggs with prizes inside, free hotdogs, chips, cookies and beverages and much more.

No admission will be charged. For more information, call Eyster Pool at 239-4854.

### FCC providers needed on post

More home childcare providers are being sought from among post residents.

Requirements to be a family child care provider include the successful completion of background clearances on all family members over age 12 living in the home, the ability to read, write and speak English effectively, the ability to interact with children in a loving, positive and developmentally appropriate manner, being 18 years of age or older and living in on-post housing.

Family Child Care holds an orientation meeting the second Thursday of each month from 2:30 to 3:30 p.m. at Child and Youth Services, Building 6620. The next orientation will be April 13.

For more information, call the FCC representative at 239-9892.

## Some infertility treatment covered

By Mark Jecker

TriWest Healthcare Alliance

About 2.1 million married couples in the United States experience infertility, according to the National Center for Health Statistics. What many members of the military may not realize is that the cost of selected infertility treatments is covered by Tricare.

Because infertility is often the result of a physical condition, Tricare coverage extends to the medically necessary services used to diagnose, monitor or treat those physical problems. These include diagnostic testing, surgical intervention and hormone therapy.

Note that many fertility drug prescriptions require the health care provider to obtain prior authorization through Express Scripts.



Tricare does not cover treatments, procedures and technologies related to artificial methods of reproduction, including artificial insemination, in vitro fertilization, gamete intrafallopian transfer or the reversal of a prior surgical sterilization.

However, once a Tricare beneficiary becomes pregnant, whether by natural or artificial means, the pre- and post-natal services con-

nected with that pregnancy are covered by Tricare.

Prime beneficiaries and Standard beneficiaries who use network providers (the Tricare Extra option) will not be responsible for non-covered services furnished by a network provider unless they agree, in advance and in writing, to pay for each specific non-covered service or drug.

Standard beneficiaries will be responsible for the total cost of services not covered by Tricare. A complete list of infertility treatment services that are not covered by Tricare is available at [www.triwest.com](http://www.triwest.com) as well as in the Tricare Beneficiary Handbook and Prime Member Handbook.

Questions concerning Tricare infertility benefits may be directed to TriWest Healthcare Alliance at (888) TRIWEST (874-9378).

## Children

continued from page 15

April 1. During the CDC event, participants earned participation points and learned about child-raising issues.

Children from the CDC will participate in a parade that will start at the CDC at 3:30 p.m. April 7.

In further recognition of mili-

tary children, SAS will host its spring carnival from 6 to 8 p.m. April 28. The carnival will include a theater performance of "Harts and Tarts," the Boys and Girls Club's movie making project, along with other children and parent activities.

Parents and community mem-

bers should check with specific CYS programs for times and dates of other activities throughout the month.

Anna Morelock can be contacted at [anna.morelock@riley.army.mil](mailto:anna.morelock@riley.army.mil) or 239-3032.

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Members of the Patriot Guard Riders attend a military funeral to show support for the fallen servicemember and family members.  
*Courtesy photo*



# Motorcycle ‘Patriots’ honor fallen, families

By Donna Miles  
AFPS

WASHINGTON – A motorcycle group that travels the country attending military funerals is experiencing near-explosive growth, the group’s national spokesman reported March 22.

Patriot Guard Riders attend military funerals to show respect for those who have sacrificed and to shield their loved ones from interruptions by protesters. They were present in Topeka Dec. 2, forming a shield between protesters and those attending funeral services for Sgt. Dominic Sacco of Company A, 1st Battalion, 13th

Armor, at Fort Riley.

The group, which started as a grassroots effort in the fall in response to protesters who were attending military funerals, now has 20,000 members in all 50 states, Puerto Rico, Guam and Germany, Kurt Mayer said.

Fifteen thousand members have joined the group during the past seven weeks alone, he said.

“It’s all happening kind of fast. It’s amazing the response we’ve gotten,” Mayer said. “It shows that all this has hit a raw, patriotic nerve, and we’re attracting a cross-section of America, everyone from CEOs to coal miners and aerospace engineers to corner-garage mechanics.”

These members, who range in age from 14 to 82, form a loose perimeter around funeral services and create a “corridor of honor,” hoisting flags along the funeral procession route, Mayer explained. “It’s a very impressive sight to see 100 flags on either side,” he said. “There’s a wash of overwhelming emotion.”

The Patriot Guard Riders started attending funerals and forming a line of flags and motorcycles to block people attending military funerals from having to see protesters who began appearing at military funerals. As the group has grown and more families

See Patriot Guard, Page 19



Post/Stairrett

## Bikers, Soldiers blessed

Spc. Jeffery Glave (left) and Sgt. Branden Ramsey (center) bow their heads during a blessing of the bikes April 1 at Heritage Park in Junction City. Glave, who rides a 2004 Harley Davidson Night Train, and Ramsey, who rides a 2006 Harley Davidson Sportster, are in the 4th Battalion, 1st Field Artillery. Glave bought his bike Jan. 14 after returning from a year-long deployment to Iraq. Junction City’s First Assemblies of God Church teamed with the Legacy Community Church for the event, which raised \$300 for the Open Door Community House Emergency Shelter. The day’s events included a blessing of safety for bikers, bikers’ salute for servicemen and servicewomen and a barbecue. B.J. Solander, a pastor at First Assemblies, said bikers often get a bad reputation but he would welcome most of them to his dinner table. For more information on the shelter, contact Flora Lewis at (785) 239-3599.

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3x2 4x12and AprTF

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## IACH to provide school, sports physicals

By Jan Clark  
IACH PAO

Irwin Army Community Hospital will conduct the first of three school and sports physical fairs from 7:30 a.m. to 3:30 p.m. May 6. Appointments are available now by call 239-DOCS.

The state's High School Activities Association Executive Board requires all middle, junior and senior high school students to have a physical examination before their first practice in any given sport.

Physical examinations are valid for one year and those done after May 1 will be valid throughout the upcoming school year for school sports and good for two summers at Youth Services on Fort Riley.

"It is important that parents bring their child's immunization record, ID card if child is 10 years of age or older and any forms provided by the child's school or youth services. Appointments are for children ages 4 and above who require school or sports physicals only, and children will be seen by appointment only," said Stella Hines, patient appointments coordinator.

Outpatient records will be available at the in-processing station located at the Surgery Clinic on the first floor. The forms for the physical will be available for pick up before the fair at the Patient Assistance Desk in the hospital's main lobby or by visiting the Fort Riley Internet site and clicking on medical services.

Future school and sports physical fair dates are tentatively scheduled for July 29 and Aug. 12. Dates to begin scheduling those appointments will be announced when they become available.

## IACH dietitian outlines new guidelines for healthy eating

By Bethany Deschamps  
IACH dietitian

On Jan. 12, 2005, the U.S. Department of Agriculture and Department of Health and Human Services released the 2005 Dietary Guidelines for Americans. Many Americans are aware of what the Dietary Guidelines are and what they are meant to do. Others have never heard of the guidelines.

The guidelines are in their sixth edition and provide scientifically based advice to promote health and reduce the risk of disease through nutrition and physical activity.

The advice is meant for people over the age of 2 and emphasizes smart choices from each food group, the correct balance between food and physical activity and how to get the most nutrition from calories.

Because nearly two-thirds of Americans are overweight or obese, the guidelines focus on combating the obesity epidemic and are an excellent resource to build a healthier, stronger nation.

The guidelines this year include 41 key recommendations grouped into nine broad topics. The nine broad topics are the primary guidelines put out for Americans to follow.

The guidelines are an easy way for people to begin to change to a healthier lifestyle. A healthy lifestyle is the key for disease prevention and weight maintenance. Use these guidelines and begin incorporating them now:

- Consume a variety of nutrient-dense food and beverages with and among the basic food groups while choosing foods that limit the intake of saturated and Trans fats, cholesterol, added sugars, salt and alcohol
- To maintain body weight in a healthy range, balance calories from foods and beverages with calories expended.
- Engage in regular physical activity and reduce sedentary



Cpt. Bethany Deschamps



FOR YOUR  
HEALTH

activities to promote health, psychological well-being, and a healthy body weight.

Achieve physical fitness by including cardiovascular conditioning, stretching exercises for flexibility and resistance exercises or calisthenics for muscle strength and endurance.

- Consume a sufficient amount of fruits and vegetables while staying within energy needs. Two cups of fruit and 2.5 cups of vegetables a day is considered sufficient. Make sure to choose a variety of fruits and vegetables as well. Consume three or more ounce equivalents of whole grain products per day and consume three cups of fat free milk or low-fat milk or equivalent milk products, such as yogurt or soy milk.

- Consume less than 10 percent of calories from saturated fatty acids and less than 300 milligrams of cholesterol per day and keep trans fatty acids consumption as low as possible.

- Choose fiber-rich fruits, vegetables and whole grains often. Choose and prepare food and beverages with little added sugars or caloric sweeteners.

- Choose less than 2,300 milligrams of sodium per day. Choose and prepare foods with little salt. At the same time, consume potassium-rich foods, such as potatoes and bananas.

- To avoid microbial food-borne illness, clean hands, food contact surfaces and fruit and vegetables. Separate raw, cooked and ready-to-eat foods while

shopping, preparing or storing foods. Cook foods to a safe temperature to kill microorganisms. Chill perishable food promptly and defrost foods completely. Avoid raw milk or any products made from unpasteurized milk, raw or partially cooked eggs or foods containing raw eggs, raw or undercooked meat and poultry, unpasteurized juices and raw sprouts.

- Those who choose to drink alcoholic beverages should do so sensibly and in moderation. Moderation is defined as the consumption of up to one drink per day for women and up to two drinks per day for men.

These guidelines are very broad. For a more extensive explanation of each guideline, visit the Web site at <http://www.healthierus.gov/dietaryguidelines/>.

For assistance with incorporating these guidelines into your lifestyle or for any other nutritional advice, please contact me or another dietitian at the Irwin Army Community Hospital Nutrition Care Division, (785) 239-7644.

You can also reach me by e-mail at [bethany.deschamps@amedd.army.mil](mailto:bethany.deschamps@amedd.army.mil).

Remember, a healthy lifestyle is very important for all aspects of a person's life. It is vital for maintaining a healthy weight and for overall well-being.

Start incorporating these guidelines now and start living and better and healthier life.

## Community news briefly

### Post yard sale date set

The post-wide yard sale will be from 8 a.m. to 4 p.m. May 6.

### Support Center lists activities

April 10 – 9 a.m. to 1 p.m., Spouse Activity Day, "Make a Memory Book"

April 12 – 9 to 11 a.m., financial management/checkbook maintenance class; 1:30 to 3 p.m., orientation for Permanent Change of Station to Germany

April 14 – 8:30 a.m. to noon, newcomer's orientation

For more information, call the Soldier and Family Support Center at 239-9435.

### Easter brunch, egg hunt planned

Military families are invited to an Easter brunch and egg hunt at Riley's Conference Center April 16.

Brunch will be served from 11 a.m. to 1:30 p.m. Cost is \$17.95 for adults age 17 and older and \$7.50 for children ages 3 to 16. Children under 3 eat free.

The traditional brunch includes honey glazed ham, carved steamship round of beef au jus, fried chicken, scrambled eggs, biscuits and gravy, mashed potatoes, green beans, almondine, macaroni and cheese, dinner roll, salad bar and assorted desserts.

Three free egg hunts will be conducted on grounds adjacent to Riley's, with the first beginning at 2 p.m. Hunts will be arranged according to age groups determined by those present. Easter treats for all age groups will be available.

For more information or to make reservations, call (785) 784-1000.

### Classes set for parents with teens

Four workshops have been scheduled at Fort Riley for parents with teenagers. The workshops will present information that will help parents strengthen relationships with their teens and help them help their teens to become responsible adults.

The workshops will be conducted from 6 to 8 p.m. at Building 7264, the Soldier and Family Support Center.

On April 10, the workshop will cover understanding adolescence and teen issues of yesterday compared to teen issues today.

On April 17, the workshop will cover drugs, sexuality and violence as well as the power struggle between parents and teens.

On April 24, the workshop will cover responsibility and discipline as well as cooperation and communication.

On May 1, the workshop will cover prevention strategies for solving problems.

To sign up, call 239-9435 or visit a Family Advocacy Program representative in the Soldier and Family Support Center.

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# K-State shows what it has to offer

By **Erinn Barcomb-Peterson**  
Kansas State University

MANHATTAN – Kansas State University's All-University Open House will be 9 a.m. to 3 p.m. April 8 at the main campus in Manhattan and at K-State at Salina. No registration is required to attend. Open house is free and the public is welcome.

K-State's All-University Open House is a chance to explore the vast opportunities a K-State education provides. Information about academic programs, housing options and student life will be available, as well as guided tours of campus.

Open house also features special receptions and events for transfer students, military personnel and multicultural students.

A complete list of events is available at <http://consider.k-state.edu/openhouse>

## Activities offered:

Some of the activities being offered include demonstrations, displays and exhibits:

- Hair-raising physics demonstrations, 9 a.m. to 3 p.m., 143 Cardwell Hall and in the hallway.
- Parallel tracking and GPS demonstrations, 9 a.m. to 2 p.m., Waters Hall lawn.

- Pellet mill demonstration, every hour on the half hour from 9:30 a.m. to 2:30 p.m., between Shellenberger and Waters halls.
- Chemistry demonstration, 11 a.m. and 1 p.m., 114 Willard Hall
- Ice carving demonstration, 11:30 a.m. and 1:30 p.m., Justin Hall patio.
- Faculty art show, Chang Gallery, Seaton Hall.

## Activities just for kids:

- Pedal tractor pull, 9 a.m. to 2 p.m., Seaton Hall.
- Read-aloud stories with the Cat in the Hat, 9 a.m., 10:30 a.m., noon, 1:30 p.m. and 2:30 p.m., 113 Bluemont Hall.
- "Make-it and take-it" art projects for students in grades K-8, 121 Bluemont Hall.
- Hands-on, minds-on science investigations for K-12, 119 Bluemont Hall.

• Staffed animal clinic, small animal lobby of Veterinary Medical Teaching Hospital, Mosier Hall

## Things visitors can make or do include:

- Meeting K-State sports stars and get their autographs, and running through an obstacle course, 11 a.m. to 2 p.m., Waters Hall

quad.

- Taking part in a consumer food test, 11 a.m. to 1 p.m., second floor, Call Hall.
- Voting for a favorite student-built chair, Pierce Commons, Seaton Hall.
- Playing "Wheel of Fortune," accounting "Jeopardy!" and "Where in the World is Carmen San Diego?" games, Calvin Hall.
- Creating a "Who Wants to be a Wildcat?" trading card, Calvin Hall.

- Walking through a model of a giant heart, 204 Trotter Hall.
- Taking part in Willie's Extreme Egg Hunt, for all ages, 2:30-3:30 p.m., Bosco Plaza.
- Participating in a softball workshop for girls sponsored by the K-State Softball Club, 9 a.m. to noon, Recreation Complex softball field.

## Scheduled entertainment:

- Variety show featuring local talent, 9 a.m. to 3 p.m., Bosco Plaza.
- Cat's Town Carnival, 10 a.m. to 3 p.m., Waters Hall quad.
- Marching Cobras of Kansas City, an elite drill team, noon, Bosco Plaza.
- Special programs planned include:
  - Free hearing screenings, 10 a.m. to 2 p.m., 127B Campus Creek Complex.

- Air Force ROTC military parade, 10:30 a.m., Memorial Stadium.
- Team combat robotics tournament, 10 a.m. to 1 p.m., Fiedler Hall.
- Dog show, noon, outside, east side of Trotter Hall, weather permitting.
- Sunset Zoo's animal ambassador program, 1 p.m., 201 Trotter Hall.
- Canine agility performance, 2 p.m., outside, east side of Trotter Hall, weather permitting.

## Scheduled tours:

- University Gardens, 10 a.m. to 1 p.m., Denison Avenue.
- College of Veterinary Medicine tours, every 15 minutes, information booth east of Trotter Hall.
- Campus walking tours leave every half hour from the admissions booth in the K-State Student Union; a tour in Spanish and in English leaves at 1 p.m.

## Things to eat include:

- Pancake and sausage feed, 7 a.m. to 1 p.m., 142 Seaton Hall
- Free cheese samples, 9 a.m. to 1 p.m., 140 Call Hall.
- Open-air cafe, 10 a.m. to 3 p.m., Justin Hall patio.
- Porkburger feed, 11 a.m. to 2 p.m., Mosier Hall.

By **Pete Wiemers**

Community Health Nurse

People who attend the self-care class at Irwin Army Community Hospital can simplify the process of getting over-the-counter medications at the hospital pharmacy.

"Issuance of over-the-counter medications in the Emergency Room has been discontinued," said Capt. Marc Fry, head nurse in

the hospital emergency room. By attending the self-help class, patients can receive a pharmacy card that allows them the convenience of picking up the medications when needed or making a visit to the emergency room to have a prescription written and going from there to the pharmacy, Fry explained.

The Preventive Medicine Service at IACH conducts a self-care twice each month. Classes may

also be arranged at other locations for units or Family Readiness Groups. To schedule a class, call 239-7323.

The focus of the self-care class is to assist in establishing lifestyle habits leading to more vigor and better health, one hospital official said. By making better choices, many serious chronic diseases can be postponed while, at the same time, people improve their chances of living longer, healthier

lives, he said.

Class participants receive a copy of the manual "Take Care of Yourself" to help them make informed decisions about their healthcare. The manual provides easy-to-use decision charts to quickly explain at-home treatments for more than 175 health problems or when it's important to seek medical assistance.

The manual also addresses the use of over-the-counter drugs.

## Patriot Guard continued from page 18

request the honor cordon, the riders now attend all funerals of fallen servicemembers when asked, Mayer said.

Mayer emphasized that the group attends funerals only at the family's request. "We recognize that this is a very private affair, and we ensure that the family wants us to be there and that we're not intruding on their feelings," he said.

"The goal, he said, is to show respect for fallen servicemembers and "to show a grieving family and a sometimes shocked community that America still cares."

"The most important thing we can do is let families know that the nation cares," Don Woodrick, the group's Kentucky captain, said after a recent memorial service at Fort Campbell, Ky. "When a total stranger gets on a motorcycle in the middle of winter and drives 300 miles to hold a flag, that makes a powerful statement."

"Each of us holding a 3-by-5 (foot) American flag (is letting) the family know and providing some confront that, yes, America really does care about their loss," agreed Jason Wallin, a group

member.

"We're just simply Americans doing the right thing," Mayer said, noting that the effort transcends politics. "We're completely apolitical," he said. "Some members of our organization are pro-war and some are completely, completely against the war. What we have in common is an unwavering respect for the fallen and the sacrifice they have made."

"The group is made up mostly of motorcyclists who have served in the military, but it's not a requirement," Mayer said.

The Patriot Guard Riders don't care what a person rides or whether they are a "hawk" or a "dove," according to the group's Web site. "It is not a requirement that you be a veteran. It doesn't matter where you're from or what your income is. You don't even have to ride. The only prerequisite is respect," the Web site states.

Mayer said the group has received "very, very, very positive" responses from the families of individuals whose funerals it has attended. "Without exception, there's a very heartfelt response," he said.

The organization's Web site has a feature titled "We Get Letters," which contains, among other testimonials, expressions of gratitude from the families of fallen servicemembers.

The family of Marine Lance Cpl. Adam VanAlstine, who was killed in February by an improvised explosive device in Ramadi, Iraq, expressed deep appreciation for the group's participation in his memorial service earlier this month in Superior, Wis.

"What an amazing relief and comfort you provided to our grieving family and friends – not to mention providing the coolest and most honorable way to enter a service that any of us had ever seen," the family wrote following the service. "Your service to us was a real blessing. Please know that your show of love and support was felt by all. We were so proud to have you with us that day. Thank you for your honor and respect of our fallen hero."

The family of Army Pfc. Peter

Wagler, killed in January by an improvised explosive device in Baghdad, expressed a similar sentiment. "I have never seen such a display of flags as we encountered when leaving the church," one family member wrote. "I have a video in my head of the 'tunnel of flags,' but really wish I had an actual video of it. Many people have told me how meaningful the flags were to them; many shed tears as they drove through the tunnel."

"As for your protecting us from the demonstrators," he wrote, "I looked for them, but could not see them. I never did see them."

Wagler loved motorcycles and planned to buy one after returning from Iraq, the family member wrote. "He won't get to do that, but he would have loved the tremendous display you put on. Our family feels inadequate in expressing our thanks, but please know that we deeply appreciate what you did for us."

Classified runner:  
2 x 21.25"  
Black Only









# Travel & Fun in Kansas

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America's Warfighting Center

Friday, April 7, 2006

## Leisure time ideas

### At the movies:

Doors open at 6:30 p.m. Tickets cost \$3.50 for adults and \$1.75 for children 11 and under. Children under the age of 5 are free except during children's matinees or expected sell-outs.

**April 7** – Firewall (PG13) 105 Min

**April 8** – Eight Below (PG) 120 Min

**April 9** – Freedomland (R) 113 Min

**April 13** – Eight Below (PG) 120 Min

**April 14** – Date Movie (PG13) 83 Min

For more information, call 784-2226 or 784-2640.

Get away and explore Kansas. Check out details on these and other events on the Kansas Travel and Tourism Web site, [www.travelKS.com](http://www.travelKS.com).

### Junction City:

**What:** Monthly birdwalk.

**When:** 8 to 10 a.m., April 15

**Where:** Meet at the Corps of Engineers parking lot at the south end of the Milford Lake dam.

**Phone:** (785) 238-5323

### Manhattan:

**What:** Eggstravaganza, a celebration of egg-laying animals.

**When:** 1 to 4 p.m., April 15

**Where:** Sunset Zoo

**Phone:** (785) 587-2737

**Admission:** Adult, \$4; Children 2 through 12, \$2

## Students perform dance variety

By Jennifer Newberry

Kansas State University

MANHATTAN, Kan. – Kansas State University dance students will be performing a variety of dances, including modern, jazz, classical ballet, tap and international styles, at SpringDance 2006.

SpringDance 2006 will be at 8 p.m. April 7 and 8 in McCain Auditorium. Tickets cost \$7.50 for students, \$9.50 for seniors and \$11.50 for the public. They are available at the McCain box office, open from 11 a.m. to 6 p.m. weekdays, or by calling at (785) 532-6428.

Choreographers include department of speech communication, theater and dance faculty members Joyce Yagerline, associate professor; Anna DuPree, instructor; David Ollington, assistant professor; and Julie Pentz, assistant professor. Choreographers also include Alan Amett, faculty guest artist, and students. Lighting designers include Neil Dunn, instructor of speech communication, theater and dance; and John Uthoff, associate professor of speech communication, theater and dance; and students.

Classical ballets that will be performed at SpringDance include "Water Music," "Varanarada" and "Lift," while "Polka from the Golden Age" and "O Mio Babbino Caro" are more contemporary ballets. The "Rock U" section is a collection of classic rock songs that include "We Will Rock You," "Born to be Wild," "You're No Good" and "Black Betty."

## In bloom

### Festival celebrates springtime in Wamego

By Jay Baker

Public affairs intern

### If you go:

Take Interstate 70 east from Fort Riley to exit 328 and take Kansas Highway 99 north right into Wamego.

from 9 a.m. to 5 p.m. April 22 and from 11 a.m. to 4 p.m. April 23.

The festival features fun

for all ages including arts and crafts, specialty food vendors and an abundance of tulips.

Visitors can take part in activities such as horseshoe pitching, Dutch Mill and Museum tours, trolley rides and a Tulip Festival run.

The historic city also offers reminders of the past in its homes, its 19th Century opera house, the Oz Museum and the Columbian Theatre.



FIRST ASSEMBLY OF GOD-MANHATTA

2 x 4"

Black Only

2nd First Assembly/God April

KANSAS PRESS

2 x 4"

Black Only

Medicare

MWR

2 x 4.5"

Black Only

224.5 MWR/ Rusty Club

SETH CHILD CINEMAS

2 x 5.5"

Black Only

225.5 Seth Child Cinema Apr

Little Apple Honda

4 x 7"

Other Color

